

HALIFAX

metro®

WEEKEND, September 7-9, 2012



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SATURDAY, SEPTEMBER 8
TO SUNDAY, SEPTEMBER 23

1 OF 15
CHEVROLET
VEHICLES!



VOLT

1 OF 15
\$5,000
SHOPPING
SPREES!



1 OF 20
TRIPS!

Signature.ca
vacations with you in mind



PLUS, SHOPPERS OPTIMUM MEMBERS
GET DOUBLE THE ENTRIES!

†See page 3 for details.

SHOPPERS
DRUG MART





Spend
**YOUR
POINTS
EVENT!**

SATURDAY, SEPTEMBER 8 & SUNDAY, SEPTEMBER 9

SPEND
25,000 POINTS
AND GET UP TO
\$50 OFF*

THAT'S AN EXTRA
\$16

SPEND
50,000 POINTS
AND GET UP TO
\$110 OFF*

THAT'S AN EXTRA
\$25

SPEND
95,000 POINTS
AND GET UP TO
\$220 OFF*

THAT'S AN EXTRA
\$50

**2
DAY
SALE**

**SUNDAY &
MONDAY ONLY
SPECIALS
SEPTEMBER 9 & 10**



2.29
EACH

PEPSI BEVERAGES
6 x 710mL Selected Types
+ Deposit and Enviro Levy
Where Applicable
Limit 4. After limit 2.99
Rest of week 2.99



1.99
EACH

**KELLOGG'S
ALL-BRAN CEREAL**
525g
Limit 4. After limit 2.49
Rest of week 2.49



5.99
EACH

**JOHN FRIEDA
HAIR CARE PRODUCTS**
Selected Types & Sizes
Limit 4. After limit 6.99
Rest of week 6.99



4.99
EACH

**BOUNTY
SELECT-A-SIZE PAPER TOWELS**
6 Roll
Limit 4. After limit 5.50
Rest of week 5.50



1.99
EACH

**AQUAFRESH TOOTHPASTE (90mL),
LIFE BRAND MOUTHWASH (1L) or
TOOTHBRUSH (2's) Selected Types**
Limit 2. After limit 2.49
Rest of week 2.49



79.99
EACH

**SONY iCFS151PB
CLOCK DOCK**
Excludes iPod
While quantities last. No rainchecks
Limit 2. After limit 89.99
Rest of week 89.99



10.99
EACH

**DURACELL
MINI CHARGER or BATTERIES**
Selected Types & Sizes
Limit 4. After limit 11.99
Rest of week 11.99

WEEK LONG SPECIALS – SATURDAY, SEPTEMBER 8 TO FRIDAY, SEPTEMBER 14



9.99
each

**MOTRIN EASY OPEN (150's),
TYLENOL MIGRAINE PAIN (80's) or EXTRA
STRENGTH (150's) TABLETS** Selected Types



4.99
each

**TRESemmé
HAIR CARE
PRODUCTS**
Selected Types & Sizes



1.99
each

**COLGATE
TOOTHPASTE**
(85mL - 170mL) or
TOOTHBRUSH
Selected Types
Excludes Premium



6.99
each

**PANTENE
HAIR CARE
PRODUCTS**
Selected
Types & Sizes
While quantities last
No rainchecks



30% off*

**JAMIESON
VITAMIN D PRODUCTS**
Selected Types & Sizes



2/\$3

or 1.99 each
**PRINGLES
POTATO CHIPS**
162g - 191g
Selected Types



6.99
kit

**NICE 'N EASY
HAIR COLOUR**
Selected Types



\$68
each

**JUSTIN BIEBER
GIRLFRIEND
EAU DE PARFUM**
100mL



2.29
each

**BEN'S
HOLSUM FRESH
WHITE or
100% WHOLE
WHEAT BREAD**
500g



49¢
each

**LIFE BRAND 2-PLY (136's), 3-PLY (90's)
FACIAL TISSUES or EXTRA STRONG PAPER
TOWELS (2 Roll) Selected Types**
Limit 4. After limit 89¢



50% off*

**MAYBELLINE
NEW YORK
VOLUM'EXRESS
MASCARA,
EYE STUDIO EYE
SHADOW or GEL
EYELINER**



21.99
each

**PAMPERS
SUPER BOX DIAPERS**
Selected Types & Sizes



3/9.99
or 3.99 each

**TAMPAX TAMPONS (20's),
ALWAYS PANTILINERS (34's - 60's) or
MAXIPADS (12's - 24's)**
Selected Types



2/\$5
or 3.99 each

**DOVE ULTIMATE CLEAR
ANTIPERSPIRANT (45g), BODY MIST
(89mL) or BAR SOAP (2 x 120g)**
Selected Types



8.99
each

**HUGGIES BABY WIPES (320's - 400's),
JUMBO DIAPERS or TRAINING PANTS**
Selected Types & Sizes



54.99
each

**CREST
WHITESTRIPS**
4's - 20's
Selected Types



3.49
each

**IRISH SPRING BAR SOAP (6 x 90g),
LADY SPEED STICK (65g), SOFTSOAP
(433mL - 532mL) or IRISH SPRING
(443mL - 532mL) BODY WASH**
Selected Types



3.49
each

**U by KOTEX
MAXIPADS (14's - 18's),
PANTILINERS (16's - 60's) or
TAMPONS (18's) Selected Types**



6.99
each

**PLAYTEX
SPORT or GENTLE GLIDE TAMPONS**
36's
Selected Types



4.99
each

**LISTERINE
POCKETPAK
(72's) or
MOUTHWASH
(473mL - 1L)
Selected Types**



9.99
each

**SEBASTIAN SHAPER HAIRSPRAY
(300g), JOICO, RUSK, BIG SEXY
SHAMPOO or CONDITIONER (1L)**
While quantities last. No rainchecks



9.99
each

**ROBAX
PLATINUM CAPLETS**
24's
While quantities last. No rainchecks



\$50
set

**LISE WATIER
CELEBRATION SET**



6.99
each

**AVEENO
HAIR CARE
PRODUCTS**
Selected Types
& Sizes
While quantities
last. No rainchecks



17.99
each

**COLD-FX
DAILY DEFENCE
CAPSULES**
55's
While quantities last
No rainchecks



19.99
each

**OLAY
TOTAL EFFECTS
SKIN CARE PRODUCTS**
Selected Types & Sizes



12.99
each

**GILLETTE
GIFT PACK**
While quantities last
No rainchecks



239.99
each

**PLAYSTATION®3
160GB ENTERTAINMENT SYSTEM**
While quantities last. No rainchecks
+ Environmental Handling or
Disposal Fees Where Applicable



\$65
each

**BIOOTHERM
BLUE THERAPY
SERUM**
30mL



\$130
each

**LANCÔME
VISIONNAIRE
SKIN
CORRECTING
SERUM**
50mL



\$59
each

**LADY GAGA
FAME EAU
DE PARFUM**
50mL



\$42
each

**BENEFIT
HELLO FLAWLESS
OXYGEN WOW
BRIGHTENING
MAKEUP**
30mL



\$78
each

**EAU DE LACOSTE
L.12.12
COLLECTION. EAU
DE TOILETTE -
ROUGE, VERT,
BLANC AND BLEU
100 mL**

Visit shoppersdrugmart.ca to find a store nearest you.

**SHOPPERS
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Prices and Shoppers Optimum Bonus Points* in effect from Saturday, September 8 until Friday, September 14, 2012 while quantities last. We reserve the right to limit quantities. Prices do not include applicable sales taxes. *Our Regular Price. *Taxes are payable on the full purchase price prior to the application of the discount reward. Offer is a reduction off your total pre-tax purchase price of products eligible for point redemption. Points are not redeemable for cash or credit. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program* rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. All other reward levels remain in effect during this promotion. Offer excludes prescription purchases, products with codeine, non-pointable items, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care locations. Not to be used in conjunction with any other Shoppers Optimum Points* promotions or offers. Valid Shoppers Optimum Card* must be presented at time of purchase. Shoppers Optimum Points* have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. Offer valid Saturday, September 8 and Sunday, September 9, 2012 only. © 911979 Alberta Ltd. ††† Points are issued on the purchase of eligible products using a valid Shoppers Optimum Card*. Excludes Shoppers Optimum* MasterCard® points and points associated with the RBC® Shoppers Optimum® Banking Account. Cannot be used with any other offer or promotion. Offer valid until September 23, 2012 while quantities last. We reserve the right to limit quantities. No rainchecks.



Join the celebration

Enjoy big savings & events, plus thousands of bonus points!

<p>5⁹⁹ each</p> <p>HEAD & SHOULDERS SHAMPOO (420mL) or CONDITIONER (400mL) Selected Types</p>	<p>9⁹⁹ each</p> <p>NEUTROGENA FACIAL CLEANSERS or MOISTURIZERS Selected Types & Sizes</p>	<p>6⁹⁹ each</p> <p>NIVEA BODY LOTION (400mL) or VISAGE FACIAL CARE PRODUCTS Selected Types & Sizes</p>	<p>10% off*</p> <p>COVERGIRL COSMETIC PRODUCTS Selected Types</p>	<p>6⁹⁹ each</p> <p>VASELINE BODY BUTTER (227g) or LOTION (200mL - 600mL) Selected Types</p>
<p>29⁹⁹ set</p> <p>NEXXUS FRIZZ DEFY GIFT SET While quantities last No rainchecks</p>	<p>6⁹⁹ each</p> <p>CLEAN & CLEAR SKIN CARE PRODUCTS Selected Types & Sizes</p>	<p>NEW</p> <p>6⁹⁹ each</p> <p>GARNIER BODY LOTION 400mL Selected Types</p>	<p>\$5 each</p> <p>RIMMEL LONDON EXTRA SUPER LASH MASCARA, GLAM EYES EYE SHADOW or LAST FINISH LIPSTICK Selected Types</p>	<p>19⁹⁹ set</p> <p>DOVE 50th ANNIVERSARY MEN or WOMEN GIFT SET While quantities last. No rainchecks</p>
<p>7⁹⁹ set</p> <p>SECRET or OLD SPICE GIFT SET Selected Types While quantities last. No rainchecks</p>	<p>6⁹⁹ each</p> <p>IVORY BODY WASH 2 x 709mL Selected Types While quantities last No rainchecks</p>	<p>3⁷⁹ each</p> <p>SPEED STICK or LADY SPEED STICK PREMIUM ANTIPERSPIRANT or DEODORANT Selected Types & Sizes</p>	<p>7⁹⁹ each</p> <p>SCHICK QUATTRO (3's), SLIM TWIN (8's) or XTREME3 (4's) DISPOSABLE RAZORS Selected Types</p>	<p>\$5 each</p> <p>BIC SOLEIL SAVVY (4's) or HYBRID (4's - 6's) DISPOSABLE RAZORS Selected Types</p>
<p>2⁹⁹ each</p> <p>KLEENEX FACIAL TISSUES Selected Types & Sizes</p>	<p>5⁹⁹ each</p> <p>CASCADE ACTION PACS (20's - 25's) or FEBREZE CANDLES Selected Types</p>	<p>4⁹⁹ each</p> <p>FEBREZE NOTICABLES or SET & REFRESH AIR FRESHENERS Selected Types & Sizes</p>	<p>9⁹⁹ each</p> <p>L'ORÉAL COLOUR RICHE BALM LIPSTICK Selected Types</p>	<p>YOUR FREE GIFT</p> <p>FREE TAYLOR SWIFT WONDERSTRUCK WEEKENDER BAG with the purchase of TAYLOR SWIFT WONDERSTRUCK EAU DE PARFUM 100mL - \$78 While quantities last. No rainchecks</p>
<p>15% off*</p> <p>REVLON COLORSTAY NAIL ENAMEL Selected Types</p>	<p>9⁹⁹ each</p> <p>MAYBELLINE NEW YORK DREAM FRESH BB 30mL Selected Types</p>	<p>\$67 each</p> <p>CALVIN KLEIN ENCOUNTER EAU DE TOILETTE 50mL</p>	<p>15⁹⁹ each</p> <p>METAMUCIL CAPSULES (120's - 160's) or POWDER (660g - 798g) Selected Types</p>	<p>40% off*</p> <p>SONY HEADPHONES Selected Types</p>
<p>10⁹⁹ each</p> <p>OTRIVIN SALINE HYDRATING NASAL CARE 100mL Selected Types</p>				

<p>celebrating 50 fabulous years</p> <p>OPTIMUM OFFERS</p>	<p>\$55 each</p> <p>VICHY LIFTACTIVE SERUM 10 30mL</p> <p>3000 BONUS POINTS</p>	<p>SPEND \$30 GET 10x THE POINTS*</p> <p>L'ORÉAL COLOUR RICHE LIPSTICK, STU- DIO SECRET PRIMER or VOLUMINOUS MASCARA Selected Types</p>	<p>10x THE POINTS</p> <p>15% off*</p> <p>REVLON COLORSTAY EYELINER, EYE SHADOW or MASCARA Selected Types</p>	<p>SPEND \$70 GET 8000 POINTS**</p> <p>Starting at \$45 each</p> <p>LISE WATER AGE CONTROL SKIN CARE Selected Types & Sizes</p>	<p>Starting at \$24 each</p> <p>ELIZABETH ARDEN VISIBLE DIFFERENCE SKIN CARE PRODUCTS Selected Types & Sizes</p> <p>BUY 2 GET 2000 BONUS POINTS</p>
<p>10x THE POINTS</p> <p>18⁹⁹ each</p> <p>REVLON COLORSTAY WHIPPED MAKEUP Selected Types</p>	<p>Starting at \$18 each</p> <p>BOURJOIS MASCARA Selected Types</p> <p>8000 BONUS POINTS</p>	<p>SPEND \$10 GET 20x THE POINTS*</p> <p>2/\$15 or 8.99 each</p> <p>GOSH CREAM HAIR COLOUR Selected Types</p>	<p>4⁹⁹ each</p> <p>DOVE HAIR CARE PRODUCTS Selected Types & Sizes</p> <p>BUY 3 GET 1500 BONUS POINTS</p>	<p>4⁹⁹ each</p> <p>DOVE BODY WASH 300mL - 400mL Selected Types</p> <p>BUY 3 GET 1500 BONUS POINTS</p>	<p>5x THE POINTS</p> <p>\$62 each</p> <p>ED HARDY VILLAIN FOR HIM EAU DE TOILETTE or FOR HER EAU DE PARFUM 75mL</p>

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Prices and Shoppers Optimum Bonus Points* in effect from Saturday, September 8 until Friday, September 14, 2012 while quantities last. We reserve the right to limit quantities. Prices do not include applicable sales taxes. *Our Regular Price. No Purchase Necessary. Prizes may not be exactly as shown. Contest begins on September 5, 2012 at 9:00:00 a.m. EST and closes September 23, 2012 at 11:59:59 p.m. EST. PIN code entries must be received by September 20th, 2012. For details on how to enter, prize details, official contest rules and no purchase necessary method of entry visit www.shoppersdrugmart.ca/50. To receive a contest card with PIN code, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points*, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between September 5th and 23rd, 2012. Contest cards will only be provided while supplies last. Eligible products include prescription purchases, products with cologne, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one card per eligible transaction regardless of total dollar value of transaction. The contest is open to legal residents of Canada who have reached the age of majority in their province or territory of residence. There are 150 available prizes to be won. Approximate retail value (ARV) of prizes ranges from \$10 to \$43,500. As part of the 150 available prizes, 50 are grand prizes, consisting of two (2) Chevrolet Volt, Approximate Retail Value (ARV) \$43,500, three (3) Chevrolet Spark \$13,445, one (1) Chevrolet Cruze, ARV \$23,480, three (3) Chevrolet Cruze Eco, ARV \$23,745, two (2) Chevrolet Sonic Hatchbacks, ARV \$21,965, two (2) Chevrolet Equinox, ARV \$33,370, two (2) Chevrolet Orlando, ARV \$26,780 (all vehicle models ARV based on being equipped with automatic transmission and air conditioning), seventeen (17) trips for 2 to 4 to Memories Resort in Cape Santa Maria, Cuba ARV \$2,470, three (3) trips for 4 to Memories Resort in Cape Santa Maria, Cuba ARV \$4,340 and fifteen (15) \$300 Shoppers Drug Mart gift cards. 100 instant win prizes available to be won by playing the 50th anniversary online game at www.shoppersdrugmart.ca/50 once unique PIN code is entered. Unique PIN Code from contest card required for entry into contest. Odds of winning depend on the number of eligible entries received. Correct answer to skill testing question required. See cashier for details. **Points are issued on the net pre-tax purchase of eligible products using a valid Shoppers Optimum Card*. Excludes Shoppers Optimum* MasterCard* points and points associated with the RBC* Shoppers Optimum* Banking Account. Cannot be used with any other offer or promotion. Offer valid until September 23, 2012 while quantities last. We reserve the right to limit quantities. No rainchecks.



Sandra Bryant
830-4545



Heather Munroe
497-1690



Ethan Michaels
877-0151



Sarah Dares
219-0557



Ron Bryant
830-7680



Dawn Dauphinee
209-3506



Brooke Godsoe
877-7250



1445 South Park Street, Suite 1301, South End Truly exceptional residence, The Trillium reflects style, refinement, and tranquility. Panoramic views of the City and Harbour. Call Sandra 830-4545.



6925 Armview Avenue, South End Open House Sunday 2-4 An incredibly desirable neighbourhood and school district. Call Sandra 830-4545.



5916 Emscote Drive, South End Open House Sunday 2-4 BEST DEAL in the South End, more than 6000 sq ft of living space at Halifax's most exclusive address. Call Sandra 830-4545.



5865 Inglis Street, South End Great opportunity. Renovations are almost complete and, as a bonus, the seller is offering a \$40,000 allowance to finish the home with your own personal preferences. Call Ethan 877-0151.



Troy Lee
830-4886



6234 Regina Terrace, South End Open House Sunday 2-4 Nearly new south end home. The lower level has a wheelchair accessible in-law suite. Call Paul 880-7058.



6897 Tupper Grove, South End Tupper school district. This home is well constructed and maintained. Fabulous neighborhood. Call Sandra 830-4545.



583 Tower Road, South End Open House Sunday 2-4 Charming peninsula setting. Sitting on a large, landscaped lot in a fabulous, South End location. Move in ready. Call Ethan 877-0151.



65 Boscobel Road, Halifax Gone with the wind. Totally renovated estate property on the North West Arm. Call Sandra 830-4545.



Marc Chisholm
476-0565



40 Lodge Drive, Halifax Beautiful, Executive, Owner built, brick home on a country lot in the city that overlooks tall trees and the enchanting forest of the heart shaped pond. Call Sandra 830-4545.



119 Milsom, Halifax Stunning, 4 bedroom family home in Fairmount. This one will wow you as soon as you enter. \$759,000. Call Sandra 830-4545.



633 Purcells Cove Road, Halifax Newly renovated. Large windows to maximize the fabulous views. \$595,000. Call Ethan 877-0151.



38 Crozier Court, Halifax Fabulous show home in sought after Royal Hemlocks. \$549,900. Call Sandra 830-4545.



Insof Hammoud
430-0536



19 Cascade Drive, Halifax Open House Sunday 2-4. Incredibly spacious and well constructed home in immaculate condition. Large deck perfect for entertaining with outstanding Basin views. Call Jan 471-0037.



7071 Mumford Road, Halifax Home sweet home, plus income, in the West End. Bright and spacious, completely renovated. \$549,900. Call Sandra 830-4545.



6844 Quinpool Road, Halifax Fabulous South End 2.5 storey home with Northwest Arm views and south facing rear yard. Newly painted. Call Ethan 877-0151.



166 Evans Avenue, Halifax Great investment, 4 unit property in Fairview. 2-2 bedroom unit and 2-1 bedroom. Close to everything. Call Ron 830-7680.



Paul MacNutt
880-7058



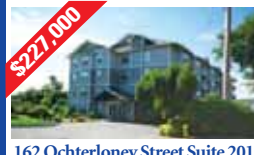
33 Sagewood Lane, Halifax Fantastic curb appeal, fabulous backyard patio area off the kitchen and private street; great for families. \$359,900. Call Sandra 830-4545.



3326 Windsor Street, Halifax Fabulous 4 bedroom home on the peninsula. Many renovations. Great yard and wrap around deck. \$329,900. Call Ethan 877-0151.



628 Purcells Cove Road, Halifax Virtually new, beautifully renovated home. Beautiful gardens and harbor views. Call Ron 830-7680.



162 Ochterloney Street Suite 201, Dartmouth Enjoy this charming two bedroom two bath condo in the heart of historic downtown Dartmouth. Ready to move in, newly installed carpet and freshly painted. Call Insof 430-0536.



Peter Cody-Cox
209-5515



20 Meadowvale Lane, Oakfield Remarkable value. Fabulous Grand Lake home with 345 ft of lake frontage and amazing views. Outside is an oasis with wrap around cedar decks, 90 ft dock with boat lift and deep anchorage. Call Sandra 830-4545.



160 Pauls Point Road, Hatcetts Cove Living by the Sea. Totally renovated. Call Sandra 830-4545.



24 Laura Lee Lane, Sackville Beautiful salt box home on a great private lot in Stonemount Village. This home offers lots of deck space for entertaining and as a bonus there is an above ground pool. Call Ray 877-7299.



Skipper Hill, Chester Gated, waterfront Chester community with deeded, deep anchorage marina slips. Western exposure. Pricing varies. Call Sarah 219-0557.



Michael Walling
412-7963



Jan Malone
471-0037



Man sought in child luring

Police say boy, 4, was approached at grocery store on Joseph Howe Drive PAGE 3

‘HARDER’ PATH TO ‘BETTER PLACE’

OBAMA ASKS AMERICANS TO GIVE HIM MORE TIME TO KEEP THE PROMISES HE MADE IN 2008 PAGE 10



"I love the smell of testosterone in the morning."

Q104

Inhale...

HALIFAX

metro

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WEEKEND, September 7-9, 2012

News worth sharing.

Leslie could be blowing our way

Storm watch. Large hurricane slowly moves up Atlantic, could hit province early next week

If Hurricane Leslie begins drifting north soon, Nova Scotia may be in for one wild Tuesday next week.

The Category 1 storm has been sitting off Bermuda for the past few days and is now slowly making its way up the Atlantic coast.

Forecasters are calling for it to possibly hit the province early next week, but the longer Leslie sits in one place, the further off her arrival date will be, says Chris Fogarty of the Canadian Hurricane Centre.

"It's making it challenging for us to predict," Fogarty conceded Thursday. "Whether it will drift northward or more eastward, that still remains to be seen, so lots of unknowns around this."

Because Leslie has been on the map for so long, the hurricane has gained a lot of moisture and size. The storm was almost 500 kilometres wide as of Thursday afternoon, but Fogarty says a large hurricane may not necessarily equal a powerful one. "They churn up cooler water underneath them, so that can almost limit some of the intensity."

He also says a cold front coming down from the north to join with Leslie could change

Quoted



"I ask people not to take this time of year without caution. It is the storm season and they can happen rather quickly."

Emergency Management Office
Minister Ross Landry

the hurricane's strength.

"That's always a bad setup for heavy rain," Fogarty said. "We really do have to watch these other weather features."

While it's uncertain what kind of weather Leslie could bring, large waves are forecast to hit the coast all weekend long and beachgoers are advised to be cautious.

"Common sense is what we need to use," Ross Landry, the minister responsible for the Emergency Management Office, told reporters Thursday. "If it's a storm and you get the warnings to stay away, then please use that judgment."

Fogarty says while Leslie won't bring with it "city-crippling" weather, it's important for people to make sure they have enough food and water on hand, as well as a backup generator for emergencies, and to check if there are water-drainage issues on their property.

HALEY RYAN/FOR METRO



A surfer rides the waves in Seaforth on Thursday. The ocean swell is starting to increase due to Hurricane Leslie, which could hit Nova Scotia early next week. JEFF HARPER/METRO

FISHERMAN'S MARKET
EST. 1948
Fine Quality Seafood & Lobster

WEEKEND SPECIALS FRI-SUN Your Neighbourhood Seafood Store • Bringing Our Customers Quality, Service, Variety & Value Since 1948

Fresh Local Albacore Tuna (Steaked & Trimmed) 3.99lb	New Season Firm Shell Market Lobsters (Tasty Sweet - 2 Claw Choice Grade) 6.49lb	Fresh Large Scallops (Never Frozen) Boat Landing Friday Afternoon Available Saturday Morning 12.99lb	Raw Shell/On Shrimp (E2P - Eazy Peel - 21/25 count) 7.99lb	Fresh Swordfish Steaks (Locally Caught Long Line Product) Super BBQ Special: 6.99lb
Fresh Atlantic Halibut Steaks (Longline) Sliced & Trimmed 9.99lb	Frozen Boned Haddock Bits 3.49lb	Fresh Haddock Fillets Boned Long Line (Never Frozen) 4.49lb	Under 8oz 6.99lb	Larger 8-12oz 6.99lb

ALSO AVAILABLE:
Tobiko (Flying Fish Caviar - 3 Colours Available), Arctic Char, Tilapia, Frozen Sushi Grade Tuna, Asian Sesame Seaweed Salad. And much much more!

Seafood packed for shipment and travel
Gift Certificates & Party Trays Available

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+0%

FINANCING
FOR UP TO 72 MONTHS*

O'REGAN'S HYUNDAI 2 DAY SALE

FRIDAY, SEPTEMBER 7TH & SATURDAY, SEPTEMBER 8TH

GET FREE WINTER TIRES OR A FREE SEVEN-YEAR WARRANTY WHILE SUPPLIES LAST



THE ALL NEW 2013 ELANTRA GT
JOINS THE AWARD WINNING FAMILY

OWN IT

\$122 AND **\$0**
bi-weekly payment down payment

7 YEAR
WARRANTY
120,000 KM
COMPREHENSIVE LIMITED WARRANTY**

FREE WINTER
TIRE PACKAGE
4 WINTER TIRES

2013 ELANTRA COUPE

OWN IT

\$127 AND **\$0**
bi-weekly payment down payment

7 YEAR
WARRANTY
120,000 KM
COMPREHENSIVE LIMITED WARRANTY**

OR

FREE WINTER
TIRE PACKAGE
4 WINTER TIRES



2012 ELANTRA TOURING

OWN IT

\$87
bi-weekly payment

WITH

\$0
down payment

14
REMAINING

7 YEAR
WARRANTY
120,000 KM
COMPREHENSIVE LIMITED WARRANTY**

OR

FREE WINTER
TIRE PACKAGE
4 WINTER TIRES



O'REGAN'S
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HYUNDAI

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WWW.OREGANSHYUNDAIDARTMOUTH.COM

*See dealer for full details. On select models. Includes freight, PDI, taxes and fees extra.

Cops seek man who lured boy, 4, into store washroom



Image of a man police want to speak with. HALIFAX POLICE HANDOUT

Halifax police are looking for a man who they say lured a four-year-old boy into a grocery store washroom this week.

Just after 1:30 p.m. on Wednesday, Halifax Regional Police were called to the Superstore on Joseph Howe Drive. When officers arrived, they learned that a man approached the youth and took him to the washroom. The boy was later reported missing and staff tried to locate him.

Police say the man left the washroom with the child and, when he reached the main floor, walked out of the store.

The child was located unharmed and returned to his parents.

"We do have a sense of what took place although we're not releasing that to the public," said police spokesman Const. Brian Palmeter. "We do believe at this point the child was not physically or sexually assaulted."

Investigators were scheduled to interview the victim Thursday afternoon to get more information about the case. Palmeter wouldn't say specifically how long police thought he was inside the washroom, only that it wasn't

an extended period of time.

Police say the victim was in an aisle not far from his parents when he was approached by the man. From there, the two went to the bathroom on the second level.

"While we're not trying to point the fingers at the parents, it's a reminder that parents and guardians always have to be mindful of where their children are at all times," Palmeter said. "It only takes a minute unfortunately for children to go missing."

On Thursday, police released an image of the man to the public in hopes of iden-

Public's help sought

- Anyone with information is asked to contact police at 490-5016 or Crime Stoppers at 1-800-222-8477.

tifying him. He is described as white, between 25 and 35 years old, about 220 pounds with short brown hair. He was wearing a zip-up blue and white checkered hoodie, dark pants, and a green ball hat with white stripes and sunglasses on top of the hat.

PHILIP CROUCHER/METRO

Liberals move ahead of NDP in voter support: Poll

Taking over the lead.

Findings mark first time since 2006 the NDP has not been leading in CRA survey

HALEY
RYAN
halifax@metronews.ca

The Liberals have surged ahead of the governing NDP in popularity, a new poll says.

Of the 800 people interviewed for the Corporate Research Associates Inc. survey, 31 per cent of decided voters backed the NDP, while 41 per cent favoured the Liberals, a jump of eight percentage points.

The NDP are down four points. The Tories are third with 22 per cent support, a drop of six points.

"As of today, (the Liberals) would be the odds-on favourite to win the election," said CRA chairman Don Mills.

Mills said whether or not the Liberals could form government with these types of re-

How the numbers stack up

Party standings among decided voters (May's result shown in brackets):

- Liberals: 41% (33%)
- NDP: 31% (35%)
- Tories: 22% (28%)
- Green: 5% (4%)

- Undecided: 44% (36%)

sults is only speculation at this point, but added the numbers are close.

"Generally speaking, 40 per cent is usually the threshold for majority governments," Mills said.

Fewer people are happy with the government this quarter as well, with 35 per cent reporting they are "mostly satisfied" with the NDP, down four points from 39 per cent in May.

The government hasn't polled over 50 per cent for satisfaction since last November, which Mills said puts the party "in the danger zone."

"We have never seen a government win re-election under those circumstances," he said.



Stephen McNeil has reason to smile these days: His party's popularity is on the rise, new polling shows. METRO FILE

Mills said the NDP may be slipping because they have dealt with big economic issues in the past few months, and supported big companies monetarily.

"In a time of fiscal restraint and hard economic times, it's difficult for incumbent gov-

ernments to get people to be happy," said Mills.

Meanwhile, Stephen McNeil is focusing on education and power rates, two very important issues for Nova Scotians, Mills said.

"That's helped give Mr. McNeil profile on the issue and

kind of supported the attacks they've had on these two issues against the government," he said.

The poll was conducted between Aug. 9 and Sept. 2 and carries a margin of error of plus-or-minus 3.5 percentage points.

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Legal concerns. Approval of Blue Mountain-Birch Cove Lakes plan delayed

A last-minute challenge has stalled the next step towards the realization of the Blue Mountain-Birch Cove Lakes Regional Park.

HRM staffers were poised to provide members of the environment and sustainability standing committee with the conceptual plan for approval and recommendation to Halifax Regional Council.

However, committee chair Coun. Barry Dalrymple says lawyers with Stewart McKelvey, representing four concerned parties, sent the city a letter on Thursday objecting to the staff report.

"Our legal department called me an hour before the meeting and asked for time to read the letter and formulate a response," he explained.

The letter claims certain council recommendations set out in 2010 have not been followed to date. Details can't be

Why wait?

Debbie Hum said Thursday she didn't want to wait until Oct. 4 to talk about the issue, in light of the municipal election on Oct. 20.

disclosed because of confusion among councillors about whether the letter can be made public.

The ESSC voted on Thursday to defer discussion of the issue until its next meeting Oct. 4, or until the legal opinion is ready — whichever comes first.

"This has been ongoing since the early 2000s, I think it's justified that HRM move this forward and this council be responsible for moving this vision to acceptance," said Coun. Debbie Hum.

RUTH DAVENPORT/METRO

Evaluation. Review of psychiatric facility expected in coming weeks

Nova Scotia's health minister says a review of a Dartmouth psychiatric facility that released a patient who was later charged in a fatal assault will be made public this month.

David Wilson says his department is still going over the review of the East Coast Forensic Hospital, which was ordered after Raymond Taavel was beaten to death on a downtown Halifax street in April.

Wilson says recommendations will also be released when the document comes out in the next couple of weeks.

Andre Noel Denny has been charged with second-degree murder in Taavel's death and is due back in provincial court on Sept. 20.



Andre Denny METRO FILE

Denny was granted a one-hour unescorted leave from the hospital on the night Taavel died, but he didn't return to the facility.

THE CANADIAN PRESS

Liberal bill

Death and taxes shouldn't go together: McNeil

The opposition Liberals plan to introduce a bill that would remove the provincial portion of the HST from the cost of funerals.

Liberal Leader Stephen McNeil says even though death and taxes are inevitable, the two shouldn't go together.

McNeil says the bill is aimed at removing some of the financial pressures families face during a difficult time in their lives.

THE CANADIAN PRESS

Unwanted delivery

Truck tips, spills gravel on highway

A dump truck carrying a load of gravel overturned on the Bedford Highway Thursday during the afternoon commute.

Halifax Regional Police say the accident happened at about 4:30 p.m. and involved another vehicle. There were no injuries.

The Bedford Highway was closed both ways between Kearney Lake Road and Larry Uteck Boulevard for over an hour, allowing for cleanup of the gravel that spilled from the dump truck. METRO



Protesters take to defence and security conference

Tamara Lorincz of the Halifax Peace Coalition, arrives with her children to protest outside DEFSEC Atlantic 2012, a defence and security conference in Halifax on Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

HRM: Status quo on flyers isn't working

Nuisance? City staffers hope to find solution by joining provincial working group



RUTH DAVENPORT
ruth.davenport@metronews.ca

There's a healthy appetite among Halifax regional councillors for some form of enforcement on unwanted flyers — but that's at odds with the current provincial approach.

The members of HRM's environment and sustainability standing committee approved a staff recommendation Thursday to join the province's working group on unwanted flyers.

Councillors Barry Dalrymple and Peter Lund both emphasized a need for some kind of penalty, saying they've both heard from multiple residents who get added to a "do-not-deliver" list, only to keep receiving flyer bundles.

The province, however, is asking for voluntary compliance from the newspaper industry on issues such as delivering to mailboxes instead of driveways and promoting and respecting opt-out mechanisms.

Governing newspapers

No push behind group, says member

One member of the provincial working group on flyers says the issue hasn't been given much emphasis so far — and he didn't know he was part of a "working group."

Nova Scotia Environment, along with the Resource Recovery Fund Board, as-

sembled members of the newspaper industry to work on a new stewardship agreement governing newspapers in Nova Scotia.

Mike Kierstead, executive director of Newspaper Atlantic, says the members have agreed to look at general litter and recycling issues, not flyers specifically.

"In terms of a working group, I keep hearing this and I didn't realize that's what it was we were partici-

pating in," he said.

Kierstead says companies work hard to accommodate opt-out requests, and said the complaints come from a "small vocal minority."

The environment department says the stewardship agreement includes obligations to improve opt-out services, and develop a litter reduction strategy that includes flyers. The department says it's "early days" in the new agreement.

anism.

Gord Helm, manager of Solid Waste Resources, says he'll be joining the working group with a clear message that voluntary compliance isn't cutting it.

"Whether it's on the front end in terms of permits, or on the back end in terms of paying for cleanup or something in between, what we don't want is legislation downloaded to municipalities to say your police officers have to deal with this," he said.

Most councillors were irritated that the problem has progressed to the point that a working group is needed, say-

ing distributors just need to listen to residents.

"This is getting way beyond what we need to do," said Coun. Debbie Hum. "Many people don't want them, so change your business practice. People don't want to wait to see legislative change when (the distributors) could change

business practice very easily."

Helm said the province also has more jurisdictional clout to address the flyers as a litter problem.

"At the end of the day, we're looking for solutions that put the onus and cost of taking care of that on the people who are producing it," he said.

Quoted



"So while education and everything is good, personally I feel we do need to follow through and get some way of enforcement. There has to be some kind of hammer here." Coun. Barry Dalrymple

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Cape Breton. Cecil Clarke announces mayoralty bid

Cecil Clarke made it official Thursday, confirming the worst-kept secret of recent weeks, that he will run for mayor of the Cape Breton Regional Municipality.

Hundreds of people packed Centre 200 to hear Clarke declare that he will enter the race, taking on previously declared candidates Owen Fitzgerald and Rankin MacSween.

Political heavy hitters from across party lines were out in force for the event, including former Liberal premier Russell MacLellan, who introduced Clarke, and Lisa Raitt, federal Conservative cabinet minister and Whitney Pier native.

"I think having competition is a very important thing in the political process because



Cecil Clarke CAPE BRETON POST

it keeps people sharp and focused on the issues and allows the entirety of a political spectrum and opinion from individuals and citizens to be heard," Clarke told reporters.

CAPE BRETON POST

Addiction recovery

Talbot House wants to provide services again

The board of directors of Talbot House has announced that it will continue its role in restoring addiction-recovery services in Cape Breton.

During a board meet-

ing this week, all members agreed to combine their resources and expertise to file a submission to a request for proposals issued by the Nova Scotia Department of Community Services. The decision follows Premier Darrell Dexter's offer to extend a deadline for submissions, and his offer of technical support by addiction services expert Wayne Yorke. CAPE BRETON POST

Windsor to get province's tourism headquarters

Rural Nova Scotia. Close to three dozen jobs leaving Halifax

Windsor is about to benefit from the NDP's jobsHere strategy.

Nova Scotia Economic and Rural Development and Tourism Minister Percy Paris visited Windsor on Thursday to announce the province's intent to have the newly formed Nova Scotia Tourism Agency's headquarters operating out of Windsor by the end of September 2013.

"Our government is fulfilling our commitment to move good jobs outside of metro and support families and businesses in rural Nova Scotia," Paris said.

The future location of the government agency has yet to be determined, but Paris said work is underway to find a building fitting for an agency with 34 office staff.

"For years government centralized jobs in the city



Mayor Paul Beazley, left, shakes hands with Economic and Rural Development and Tourism Minister Percy Paris at Thursday's press conference. HANTS JOURNAL

while rural communities struggled. Today, I'm proud to say that we are doing things differently," he said.

"It just makes sense to set up this new agency where it will have a greater impact."

He said proximity to Halifax, and many other areas of Nova Scotia boast-

ing popular tourist attractions, tipped the scales in

Windsor's favour. "The community is central to many tourism destinations and it is within commuting distance to many of our industry and government partners who are going to be located in Halifax."

He told reporters he hopes the move will ultimately prove to be cost-neutral: The government expects to be shelling out fewer dollars to rent outside of the city.

Staff at the now Halifax-based tourism agency learned of the decision to decentralize Thursday morning, Paris said.

When asked how the affected staff reacted, he said it would be fair to assume they would need some time to mull it over. HANTS JOURNAL

Economic boost

"It's a boost for our economy. Once people start seeing government offices move here, others probably want to be associated with it."

Louis Coutinho, CAO of Windsor

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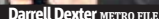
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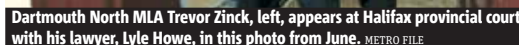
THE CANADIAN PRESS

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Howe is charged with sex-



A pretrial conference for that case has been set for Oct. 5. That's not open to the public. Howe will also return to

Howe said he is seeking about three weeks for Zinck's trial, although only a few

THE CANADIAN PRESS

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Philippines police charge N.B. woman in husband's death

Beach-resort killing.
Investigators believe
wife helped hire men
to shoot Harry Doyle

Police in the Philippines have charged a New Brunswick man's wife with murder after the 62-year-old was shot dead in the southeast Asian country last month.

Martin Gamba, a spokesman for the police force, says Jane Doyle and three men in the Philippines have been charged with murder in the fatal shooting of Harry Doyle of Fredericton at a beach resort in Surigao City on Aug. 12.

"We are going to request the Canadian government to

have his wife extradited back to the Philippines," Gamba said Thursday.

However, he said prosecutors still need to secure arrest warrants before they can make that request — a process he said could take 30 to 45 days.

Gamba said investigators believe the wife and Doyle's driver hired two men to kill Doyle.

Doyle could not be reached for comment and her lawyer did not return a message.

But in an interview in Thursday's edition of the Fredericton Daily Gleaner, Doyle said she feels she is being "dragged down" and wants to tell her side of the story in the presence of her lawyer.

Gamba said police in the Philippines are monitoring the

Quoted

"We are going to request the Canadian government to have his wife extradited back to the Philippines."

Martin Gamba, Philippines police spokesman

three suspects in that country to make sure they don't leave.

Fredericton police Const. Danielle Carmichael said no one has contacted the department about an extradition request for Doyle.

Carmichael also said police have no authority to monitor her in the meantime.

THE CANADIAN PRESS



Coast guard cries foul

Officers from Greece's coast guard shout slogans in front of parliament during an anti-austerity protest in Athens on Thursday. More than 4,000 officers chanting "thieves, thieves" and carrying black flags took part in the march against expected new pay cuts in the crisis-hit country. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS



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Coast guards search for survivors Thursday after a fishing boat carrying people who had been promised refuge in Europe sank after hitting rocks off the coast near the Aegean city of Izmir, Turkey. HURRIYET/THE ASSOCIATED PRESS

Smugglers' boat sinks, children among 58 dead

Off the Turkish coast. Survivors said some people were trapped below the deck of the submerged vessel

Some 58 people drowned when a fishing boat carrying migrants that smugglers had promised refuge in Europe sank after hitting rocks off the coast of western Turkey, officials said Thursday.

Nine children were among the dead, according to Turkey's Dogan News Agency. Several dozen survivors, mostly from Iraq and Syria, were able to swim through the Aegean waters to shore, only 50 metres away.

Survivors had told authorities that some people were trapped below the deck of the submerged vessel, and divers launched an operation to try to find them. Television footage showed several rescue

vessels near the dim outline of the submerged boat, which lay just below the surface of the water. Ambulances waited at the top of a cliff, but there were no indications that anyone else had survived.

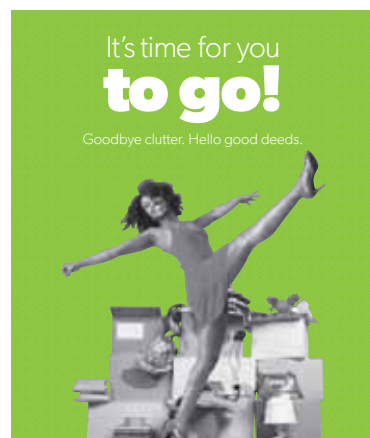
The group of migrants had previously made their way to hotels in the city of Izmir, where smugglers agreed to take them to Britain. Authorities arrested two Turkish suspects in the smuggling operation, TRT television reported.

TRT earlier quoted Tahsin Kurtbeyoglu, a local administrator, as saying 20 bodies were recovered, but the toll rose through the day as more bodies were pulled from within the boat's confines. Those who survived were on the deck, rather than below with other members of their group. It was not immediately clear when the boat sank, but many such vessels carrying migrants make the journey at night to avoid detection by authorities.

Migrants from Asia and Africa have long sought to reach Europe by passing through Turkey, and their desperate efforts have occasionally ended in disaster. Each year, thousands try to sail to Greek islands from Turkish soil in rickety boats. Turkey is now hosting 80,000 Syrians who have fled the civil war in their country and are staying in camps just across the border, and some countries are concerned that larger numbers of Syrians could try to reach Europe illegally.

Greece said in July that it was quadrupling the number of guards at its border with Turkey and boosting other defences in part because of worries about a potential influx. Some non-governmental groups believe migrants, deterred by tighter enforcement on the land border, are now turning back to more dangerous sea routes in their effort to start a life elsewhere.

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Obama urges voters to stick with him for four more years

Democratic convention.

U.S. president's task ahead of election is to woo substantial bloc of independent voters in key swing states who will determine outcome of election

U.S. President Barack Obama implored recession-weary Americans to grant him a second term on Thursday in an address that stood in stark contrast to the message of hope he delivered four years ago.

"When all is said and done — when you pick up that ballot to vote — you will face the clearest choice of any time in a generation," said Obama, his wife and two daughters looking on, as he officially accepted his party's nomination at the Democratic National Conven-

Quoted

"The path we offer may be harder, but it leads to a better place. And I'm asking you to choose that future."

U.S. President Barack Obama

tion in Charlotte, N.C.

"It will be a choice between two different paths for America. A choice between two fundamentally different visions for the future."

Obama acknowledged the path he's offering Americans won't be quick or easy.

"You didn't elect me to tell you what you wanted to hear. You elected me to tell you the truth. And the truth is, it will take more than a few years for us to solve challenges that have built up over decades."

Nonetheless, he said, there is light at the end of the tunnel.

"Know this, America: Our

problems can be solved. Our challenges can be met."

After a first term bogged down by a devastating economic recession and Republican efforts to deny him four more years, Obama is now urging Americans to stay the course.

Some of the heaviest hitters of the Democratic party have been on hand all week to deliver the same message to Americans: Vote for Obama on Nov. 6 to enable him to continue turning the country's fortunes around.

On Thursday, Vice-President Joe Biden spoke of his perspective from a "ringside seat" in the Oval Office.

"Osama bin Laden is dead and General Motors is alive," Biden exclaimed to cheering Democratic delegates.

"Day after day, night after night, I sat beside him as he made one gutsy decision after another to stop the (economic) slide and reverse it."

THE CANADIAN PRESS



U.S. President Barack Obama speaks on stage during the final day of the Democratic National Convention at Time Warner Cable Arena on Thursday in Charlotte, N.C. JOE RAEDLE/GETTY IMAGES



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Liberals reveal rules for leadership race

Campaign. Some fear leadership decision could be swamped by casual observers, non-Liberals, political provocateurs or embarrassing aliases

The Liberal party is casting its doors wide open in a bid to have what interim chief Bob Rae calls "the broadest-based leadership contest in the his-

tory of the country."

Minnie Mouse, however, need not apply — either as a candidate or as a voter.

Campaign rules announced by the party Thursday appear designed to discourage penny-ante political gadflies and reward candidates with muscular fundraising skills, while simultaneously inviting as many Canadians as possible to cast a ballot next April 14.

With the once-mighty Big Red Machine down to 35 seats and third-party status in the

House of Commons, many Liberals feel the party has to get this leadership race right.

A new class of non-dues-paying "supporters" has been created, a decision made last winter after intense debate at a national policy convention.

Candidates will be able to recruit paying party members or non-paying supporters up to 41 days before decision day.

"I had Minnie Mouse's support in 2006," Rae, a two-time federal leadership contender, quipped. **THE CANADIAN PRESS**



Interim Liberal Leader Bob Rae.
SEAN KILPATRICK/THE CANADIAN PRESS

New options packages highlight the value-packed, Canadian-built 2013 Toyota Corolla

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Fracking blamed for B.C. quakes. Gas extraction caused tremors: Regulator

A spate of small earthquakes in B.C.'s remote northeastern corner were caused by a controversial technique used to extract natural gas from shale rock, says a report by the province's energy regulator.

The B.C. oil-and-gas commission launched its probe after a "number of anomalous, low-level seismic events" were detected in the Horn River Basin, a gas-rich shale formation that's attracted some of the industry's biggest players.

"The investigation has concluded that the events observed within remote and isolated areas of the Horn River Basin between 2009 and 2011 were caused by fluid injection during hydraulic fracturing

in proximity to pre-existing faults," the agency said in a recent report.

In order to break the rock and free the gas trapped inside of it, companies inject a combination of water, sand and chemicals underground at high pressure.

The process, known as hydraulic fracturing, or fracking, has drawn concern from environmentalists and landowners for the amount of water the process requires and for potential contamination of groundwater.

Studies have also linked fracking to earthquakes around shale formations in England and Oklahoma.

THE CANADIAN PRESS

Lethal injection

U.S. judge gives hope to Canadian on death row

A Canadian who is fighting for his life on Montana's death row scored a minor legal victory Thursday after

a judge declared the state's method of execution unconstitutional. The American Civil Liberties Union filed a civil lawsuit in 2008 on behalf of Ronald Smith that argued the lethal injections the state uses are cruel and unusual punishment and violate the right to human dignity. THE CANADIAN PRESS



Everything's shipshape

Defence Minister Peter MacKay speaks to the HMCS Ville de Quebec's Commander, Steven Thornton, during a tour of the ship in Windsor, Ont., on Thursday. GEOFF ROBINS/THE CANADIAN PRESS

Bill charms Democrats

Party's keeping up with the Clintons

Bill Clinton's speech to the Democratic National Convention may also have started setting the stage for another White House bid by his wife, Secretary of State Hillary Rodham Clinton. The former president portrayed Barack Obama as a sensible pragmatist who put aside political grudges for the good of the U.S.

"He appointed cabinet members who supported Hillary in the primaries. Heck, he even appointed Hillary!" Clinton said. "I'm so proud of her."

The former president didn't mention his wife again, but the subtext was clear: The Clintons remain a force in the Democratic Party.

Obama's defeat of Hillary Clinton in a battle for the Democratic nomination in 2008 left considerable bitterness on both sides. Clinton's endorsement Wednesday night represented the final reconciliation between the Democratic heavyweights.

THE ASSOCIATED PRESS

THINK OUTSIDE THE LUNCH BOX

SCHOOL MEAL SOLUTIONS THAT MAKE THE GRADE ALL YEAR LONG

As a registered dietitian, Jessie Jollymore hears frequently from parents during the school year regarding school lunches.

"I get numerous emails and requests from parents saying, 'We're sending our kids to school and the lunches aren't being eaten or there isn't variety,'" says the nutrition expert representing Dairy Farmers of Canada.

The good news is it's possible to come up with healthy lunch ideas that are easy to prepare, affordable and will actually be eaten.

Jollymore says the first step is to take a few minutes each week to plan out lunches. As part of this planning process, it's crucial to have your children participate in the process.

"Children are a lot more likely to eat something when they play a part in making it," says Jollymore.

One simple option would be to take a pita or tortilla and add ingredients that your children like and choose themselves such as pasta sauce, veggies, cheese and some meat.

"It's rethinking ordinary foods we have



DAIRY FARMERS OF CANADA PHOTO

in the fridge or cupboard, but using them in a way the kids find appealing," says Jollymore.

She says that kids enjoy lunches that are compact. While ready-to-eat lunch combinations are available in stores, they are expensive, loaded in preservatives and high in salt. A way around this is to create

one's own lunch combinations. Using the proper containers, fill them with options such as whole grain crackers, cheese, veggies, dip and some almond butter.

While the thermos is often thought of as a means of keeping drinks hot or cold, it can also be used to house a lunch option, such as a smoothie. A great base

WHAT TO DRINK

Registered dietitian Jessie Jollymore recommends that children stay away from portable or vending machine drinks that are made with artificial ingredients when choosing their lunchtime beverage. Instead, she recommends they look at getting milk and its 16 essential nutrients, available every day at a reduced price through their school's milk program. Another option is water. Just use a refillable bottle and fill it up and, if possible, add some ice cubes to help keep it nice and cold. For more of Jollymore's fun and healthy lunch ideas, visit the Maritime Parents section of milkinschool.ca.

to a smoothie can include a banana, some Greek yogurt, fruit and milk.

Jollymore suggests that for kids who don't have large appetites and may not eat a whole sandwich to include a piece of healthy banana bread with lunch, as well as other side dishes, such as fruit, veggies or yogurt.

With a little planning and outside the lunch box thinking, it's easy to prepare a balanced lunch the kids will enjoy.

Bon appétit!

Officials on defensive after girl went unnoticed at murder site

Found 8 hours later.

Pair of sisters, 4 and 7, placed under police care following French shooting rampage that killed 4 adults

French authorities struggled Thursday to explain why no one found a four-year-old girl for eight hours at a blood-strewn crime scene as she huddled in a car under the skirt of a corpse — apparently her dead mother or grandmother.

The stunning discovery Thursday of the girl, apparently unharmed, heightened the drama around a mysterious shooting rampage in the French Alps that left four adults dead and a seven-year-old girl hospitalized after being shot and brutally beaten.

The reason for the slayings remained unclear a day after a cyclist came across the corpses in a wooded area near the

International links

- The prosecutor said the car was registered to a British man born in Baghdad. He said the man, who had moved to Britain in 2002, and his family had been vacationing in France since August.
- One of the victims was confirmed to be Swedish.

mountain village of Chevaline. It took on increasingly international ramifications, with links emerging Thursday tying the slain family to Britain, Iraq and Sweden.

Prosecutor Eric Maillaud said investigators were searching for suspects and studying all possibilities, including a score-settling attack or simply that the family was "in the wrong place at the wrong time."

The bodies of a man and two women were found shot to death in a BMW and the body

of an unrelated male French cyclist was found on the ground nearby. Maillaud described a methodical killing, with three victims shot in the head.

At a news conference, authorities tried to explain how the four-year-old went unnoticed.

"The girl was found totally immobile, in fact, on the floor of the vehicle, behind the front passenger-side seat, under the legs — under the skirt — of one of the women who were killed, around a large travel bag, totally invisible and silent, which explains why no one saw her before," Maillaud said.

One explanation investigators offered was that rescuers concentrated their attention on the seven-year-old who had severe injuries.

Maillaud insisted police at the scene had no reason to suspect that another child was present, and that they were trying to keep the crime scene intact to allow forensics and other experts to arrive from Paris. **THE ASSOCIATED PRESS**



Gendarmes block the site of a shooting rampage that left four adults dead and a seven-year-old girl hospitalized near Chevaline, France, on Thursday. French investigators say they still don't know the reasons for the killings of what appears to be a family of British vacationers, who were found in a car. LAURENT CIPRIANI/THE ASSOCIATED PRESS



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Vietnam. Church of Scientology treats victims of Agent Orange

Vietnamese with ailments linked to Agent Orange are undergoing a detoxification treatment involving saunas and vitamins that was developed by the Church of Scientology and which has been criticized as pseudoscientific.

Scientists use the Hubbard Method to try to cure drug addiction and alcoholism. The church set up a centre in New York after the 9-11 attacks offering a similar service for first responders who may have been exposed to toxins.

A group of 24 people arrived for treatment at a military hospital in Hanoi for a

Dangerous chemicals

- **War.** The U.S. military dumped some 75 million litres of Agent Orange and other herbicides on about a quarter of former South Vietnam between 1962 and 1971 to remove the foliage that concealed enemy fighters.

month, free of charge, Dau Xuan Tuong, deputy administrator at the Vietnam Association of Agent Orange Victims, said Thursday.

THE ASSOCIATED PRESS

Criminal complaint

Pit-bull attack leads to several charges

Two men accused of hanging a teenage boy by the ankles and ordering a pit-bull dog to bite him each face several felony charges including battery and false imprisonment in Fond Du Lac, Wis.

One of the suspects is the boy's father.

Joel E. Kennedy, 43, was charged Thursday along with another man, Richard R. Lisko, 58.

A criminal complaint says Kennedy's 18-year-old son told investigators that Lisko and his father accused him Friday of stealing drugs and coins at Lisko's house.

THE ASSOCIATED PRESS

Stockwell Day testifies in security-certificate case



Mohamed Zeki Mahjoub, an Egyptian refugee, stands outside a federal courthouse on Thursday in Toronto. Former public safety minister Stockwell Day was testifying at his national-security certificate hearing, defending his position of trying to deport Mahjoub as a terrorism threat.

MICHELLE SHEPARD/TORSTAR NEWS SERVICE

Court. Proceeding sheds light on how the federal government decides when they deem someone a terrorist risk

A former federal cabinet minister told an Ontario court Thursday he had been warned there was no way of knowing whether information in a national-security certificate used to detain accused terrorist Mohamed Mahjoub was obtained through torture.

Former public safety minister Stockwell Day said he signed the security certificate in February 2008 following "numerous" discussions and inquiry with intelligence and border officials.

Testifying by videolink from Vancouver, Day said the former director of the Canadian Security Intelligence Service gave him a memo stating that it was "difficult, if not impossible" to determine if the information used as

evidence was torture-derived because some of it had come from countries with a reputation of employing those practices.

The federal government is trying to deport the Egyptian-born man using a national-security certificate — a rarely used immigration tool for deporting non-Canadians considered a risk to the country — claiming he was a high-ranking member of an Islamic terrorist organization with links to Osama Bin Laden.

THE CANADIAN PRESS

Mahjoub's arrest

- **Law revamped.** Mohamed Mahjoub was arrested in June 2000 based on secret evidence. But CSIS had to start over after the Supreme Court of Canada ruled the certificate process unconstitutional in 2007 and the government subsequently revamped the law.

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16 charges for alleged PQ gunman

One of first-degree murder. Weapon was legally registered long gun; Bain also hit with arson accusation

The man accused in the deadly shooting at a Parti Quebecois gathering was slapped with 16 criminal charges on Thursday, including first-degree murder, three counts of attempted murder and arson.

The weapon used in the shooting was a legally registered long gun and was part of a broader arsenal of arms that were nearly all registered, authorities said.

None of the charges relates to premier-designate Pauline Marois, who was giving her victory speech Tuesday night when the shooting occurred. However, prosecuting attorneys said additional charges could be added.

Suspect Richard Henry Bain

appeared to face the charges in a high-security courtroom behind protective glass.

His case returns to court on Oct. 11.

Bain, who turns 62 this weekend, arrived at the courthouse in the back seat of a police vehicle as media waited outside.

Little is known about the fishing-camp owner and what possible motivations police might have identified for the shooting on election night.

A man burst into the back of the club and shot two people, killing a stage technician. A work colleague says the victim, Denis Blanchette, had replaced her earlier in the day because she wanted to vote and pick up her daughter at school.

Police say the suspect then lit a fire in back of the club before he was tackled. Several weapons were confiscated — including the long gun allegedly used in the shooting.

THE CANADIAN PRESS



Isaac makes it rain indoors

Insulation hangs from ceilings and water drips from the attic as Darryl Dragon walks through his devastated home after floodwaters from Hurricane Isaac receded in Braithwaite, La., Thursday. Water rose into the attic during the storm. GERALD HERBERT/THE ASSOCIATED PRESS

Prince Harry

No investigation for naked photos

Britain's press watchdog said Thursday it will not for now open an investigation into a tabloid's publication of nude photos of Prince Harry because royal officials have not filed a formal complaint.

The Sun was Britain's only national newspaper to carry the pictures of Harry frolicking in the nude with an unidentified woman in Las Vegas after the images appeared online.

The Press Complaints Commission said it received around 3,800 complaints after The Sun published the pictures, but royal officials were not among those filing.

THE ASSOCIATED PRESS

Making tracks

Signs of Curiosity can already be seen from space

NASA's robotic rover Curiosity is making its mark on Mars. Its tracks are big enough to be seen from space. In just one month, it's driven 112 metres on the red planet. Curiosity's slightly zig-zaggy tire tracks were photographed by a NASA satellite circling Mars.

THE ASSOCIATED PRESS

Zimbabwe. Nurses return to hospital, still face trial

Eight nurses arrested on allegations of inciting violent protests against the firing of a Canadian doctor from hospital have been allowed to return to their posts, Zimbabwe court officials said Thursday.

Officials said the nurses and 12 others accused of staging the protests are to reappear in court on Sept. 24 on charges carrying a penalty of imprisonment or a fine.

Police fired teargas to disperse hundreds of protesters at the hospital on Aug. 17 demanding the reinstatement of Canadian Dr. Paul Thistle, fired by the Salvation Army

for criticizing church leaders.

Thistle, from Scarborough, Ont., was given until Sept. 1 to leave Zimbabwe by the Salvation Army but has refused to go.

He said Thursday he has not been contacted by state immigration authorities or police to deport him. He dismissed reports he has been holed up in the Canadian embassy in Harare.

The Salvation Army has no authority to expel him from the country, he said.

Thistle is staying with a Zimbabwean family in Harare.

THE ASSOCIATED PRESS

Bank robbers get away. Used 'bomb' as weapon

Two masked gunmen got away after a Los Angeles bank heist in which they strapped what they said was a bomb to the bank manager's midsection and ordered employees to "take out all the money."

The robbers took an undisclosed amount of cash from a Bank of America branch Wednesday, but no one was injured. No arrests had been made as of Thursday.

A Los Angeles County sheriff's bomb squad used a robot to disable the device, but investigators said it wasn't an explosive.

The bank manager was snatched in front of her home Wednesday morning, said sheriff's Capt. Mike Parker. She arrived at the bank wearing a device the men, armed with handguns, had strapped to her stomach.

The woman ordered her fellow employees to remove the cash, and it was thrown to the men who were waiting outside, authorities said. Parker would only say there was "a decent amount" of money at the bank and the manager did enter the safe.

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Just Putin it out there: Is this Russian for real?

A bird, a plane or a president? From airborne entrances to polar-bear paw shakes, where can Vladimir go from here?

Russian president Vladimir Putin's flight Wednesday in a motorized hang glider purportedly helped young white Siberian cranes learn how to migrate. But it also was the latest in a dozen-year series of telegenic escapades.

Some of Putin's notable stunts:

TOP GUN

Putin and George W. Bush may have had little in common, but they both understood that showing up in a fighter jet makes a dramatic entrance.

Putin did it first, in March 2000, flying into war-torn Chechnya in the rear seat of a Sukhoi-27 advanced fighter jet.

Coming just a few days be-

fore Russia's presidential election, the stunt aimed to bolster Putin's image as the man who could wipe out the Chechen separatists, in contrast to predecessor Boris Yeltsin, who had allowed Chechnya to become virtually independent and gruesomely lawless.

SEABED FIND

The low point of Putin's stunts may have been his 2011 scuba dive in the strait connecting the Black and Azov seas. He came up from the dive holding fragments of what were said to be 6th century B.C. Greek jugs, saying "the boys and I found them."

Critics snorted.

The seabed was only about seven feet (a few meters) deep and the likelihood that the fragments had hidden in plain sight for more than 2,500 years seemed slim. Some joked that Putin's staff had bought the pottery at IKEA.

A few months later, Putin spokesman Dmitry Peskov admitted the jug fragments



Putin has become both notorious and beloved for his adventures.
THE ASSOCIATED PRESS

had been planted.

THE SWIMMER

Whatever sleight of hand or outright fakery may be involved in a Putin media moment, he obviously does a lot of the work himself.

That was never more clear than in a 2009 photo of Putin swimming in a Siberian river. He chose to do the butterfly, swimming's most visually dramatic stroke. Photographers caught his head and torso surging out of the water, his

well-muscled arms extended and a look on his face that seemed to express both the joys of exertion and the coldness of the water.

AN OLD SOFTIE

Putin appears to have a genuine affection for animals, even being shown cuddling a puppy and getting a kiss from a poodle.

He managed to combine sweetness and toughness in a 2010 trip to the Arctic where he accompanied scientists

tracking polar bears. Kneeling next to a tranquilized bear, he stroked the animal, helped measure it and roll it onto its side. On his departure, he shook the bear's paw and uttered: "Be well."

FLY WITH ME

Like some of his other stunts, Wednesday's flights on a flimsy hang glider in Siberia aimed to portray Putin as being concerned about ecological issues.

Critics were unconvinced.

"He's been ruling this country for 12 years, but a list of his fantasies never ends," wrote Anton Orekh, a commentator for Ekho Moskvyy radio. "This makes me think that he's made all of his dreams come true and is now merely struggling with boredom."

But Putin did sidestep a possible photo debacle. Initial reports said he would likely don a fake beak so the storks being trained would think he was one of them.

Huh? No chance.

THE ASSOCIATED PRESS

Quite a show

A man of many moments

Start with manly ventures — flying, hunting, scuba-diving. Add an element of danger — polar bears, tigers, fighter jets. Throw in a bare chest here and there.

In Russian politics, Vladimir Putin is both the star of the show and the stuntman.

The media events portray him as both exceptionally bold and just a regular guy who enjoys proletarian pastimes like hunting and fishing.

Although critics say Putin is tremendously wealthy, his stunts are careful to avoid any suggestion of riches. Putin — unlike John Kerry — will never be filmed going windsurfing.

Putin is even willing to show he has a vulnerable side. He confessed that the hang glider's veering and yawing "gets the adrenaline going" and once was filmed being thrown to the mat by a 10-year-old Japanese girl who was a judo expert.

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Old theatre seeks new equipment

Thom Reeves, owner of the Isis movie theatre, treads a roll of 35-mm film in the projection room in Crete, Neb. The Isis Theatre hasn't changed much since it opened 86 years ago, but as the movie industry phases out the traditional 35-mm film reels in favour of digital media, the Isis' owner must come up with \$85,000 to buy new projection equipment, computers, a sound system and even a different screen.

NATI HARNIK/THE ASSOCIATED PRESS




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Canadians saving, but not enough

Survey results. Nearly half of Canadians live paycheck to paycheck

Debt
152%

The latest data show household debt hit a record 152 per cent of disposable income in the first quarter of this year.

A new survey suggests fewer Canadians are living from paycheck to paycheck, and more are putting money aside for a rainy day or retirement.

But there are still a large number that would face difficulties after one week of not receiving their cheques, and savings rates remain low, the results show.

The survey by the Canadian Payroll Association found 47 per cent saying they would be in financial dire straits if their pay was delayed as little as a week.

That is a worrying number, said the group, but significantly lower than the 57 per cent that reported such a thin margin of financial security last year.

Also, 66 per cent of the 3,500 employees from across

Canada that participated in the survey said they are trying to save more, up from 40 per cent in last year's results.

CPA chairman Caroline Bernard said this year's results are encouraging, but Canadians still face considerable financial challenges.

"More Canadian employees are now able to save more," she said. "However, only 13 per cent have saved half or more of their retirement funds goal."

In fact, the survey shows Canadians realize that in these difficult economic times and low rates of return, they will have to sock away more money than in the past for retirement.

Only 34 per cent of Canadians now believe that savings of between \$500,000 and \$1 million will be sufficient to support a comfortable retirement, while 38 per cent believe a nest egg of between \$1 and \$3 million will be required.

Although more Canadians say they are saving, they are not saving enough. Almost half said they are putting away five per cent or less of their pay, about half what financial planners recommend.

According to the survey, 73 per cent of employees say they have saved less than a quarter of what they want to accumulate, and among those 50 and older who are contemplating retirement, 45 per cent say they are only a quarter of the way to their savings goal.

As well, 41 per cent said they expect to work longer, by five years and more on average, than they had planned to in 2007.

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Housing. Mortgage rules may cool market

TD Bank says tighter mortgage rules should cool Canada's hot housing market in the short term, but higher interest rates will be needed to return the market to saner levels.

The bank's chief economist Craig Alexander estimates the new rules, which went into effect July 9, will shave five percentage points off sales activity and cut prices by three per cent on average during the second half of this year and early 2013.

In the next three years, he expects the combination of the tighter rules and anticipated modest increases in interest rates will result in a 10 per cent price correction on homes.

While it is early, there are already tentative signs that the new rules have tempered sales, if not prices, especially in the country's hottest markets — Toronto and Vancouver.

In July, Finance Minister Jim Flaherty reduced the amortization rate on new insured mortgages to 25 years from 30, bringing the maximum period for paying off a home back to the historic level.

THE CANADIAN PRESS

Second Canadian recession still possible: Moody's

Debt. Study finds that consumer spending may drop as debt-to-income ratio hits record high

Causes

- **Debt.** Due to record debts accrued over the first recession, domestic spending is unlikely to support the economy.
- **Jobs.** Income from exports with trade partners are not materializing, leading to weaker jobs.
- **Income.** Income growth has slowed as well as interest rates are expected to rise.

There is more than a 20 per cent risk of Canada falling into a second recession — and though much of that risk comes from outside our borders, Canadians' sky high debt loads could push the economy over the edge, warns a new report from Moody's Analytics.

With debt-to-income ratios at an all-time high around 150 per cent, Canadians have stretched themselves to the limit since the recession and have left little head room to buffer against another economic downturn, Moody's suggests in the report released Thursday.

"With the economy now relying heavily on the continued expansion of household spending, any retrenchment in

the consumer sector will likely place the economy on the brink of a second recession," the report's authors say.

The study — "Storm Clouds Gather Around Canadian Consumer Credit" — says while Canada has managed to outperform other G7 countries since the recession it has been propped up by consumer

spending, while exports continue to lag.

Statistics Canada reported last week that the economy grew at an annual rate of 1.8 per cent in the second quarter. That beat analyst expectations, but it was the third quarter in a row for sluggish performance below two per cent.

And there is potential for exports to further weaken, given the very real possibility that Europe's debt crisis could deepen and spill over to other countries, and the fiscal crisis that Canada's largest trading partner, the U.S., is also facing. "The situation that Canada faces is much riskier than in 2007-2008 when the first global financial crisis occurred," said Mark Hopkins, a senior economist at Moody's Analytics and one of the authors of the report.

With Canadians so deep in debt, it would be extremely difficult for domestic spending to pick up slack if things started to go downhill. **THE CANADIAN PRESS**



Amazon redoubles efforts to fight Apple with new Kindle Fire



Amazon CEO Jeff Bezos unveils new Kindle reading devices at a press conference on Thursday in Santa Monica, Calif. Amazon is updating its Kindle Fire tablet computer, as it steps up competition with Apple's iPad, and refreshing its whole line of Kindle gadgets. The basic model will cost \$159 US, down from \$199 for the old model. It will start shipping Sept. 14, though there are no immediate plans for a Canadian launch. It's also coming with high-end versions, including ones with a screen nearly as large as the iPad. Amazon also refreshed its line of stand-alone e-readers. Called Paperwhite, the new e-reader model has a black-and-white screen.

DAVID MCNEW/GETTY IMAGES

Hungary

PM unfriends IMF on Facebook

Hungary's prime minister has just used Facebook to unfriend the International Monetary Fund.

Viktor Orban said Thursday in a brief video message on his official Facebook page that Hungary could not accept alleged conditions such as pension cuts and the elimination of a disputed bank tax in exchange for a loan of around \$15 billion US. Orban said his government would work on an "alternative negotiation proposal" but that a deal under such IMF demands would be unacceptable.

THE ASSOCIATED PRESS

Flying fuel

Delta looks to buy cheaper oil

Delta Air Lines Inc. is looking into buying cheaper crude oil from North Dakota to supply its new refinery, instead of the more expensive crude from overseas that the refinery has used in the past.

Delta bought the refinery near Philadelphia earlier this year to cut its fuel expenses by \$300 million US per year.

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THE LIST
Mike Benhaim
metronews.ca

1 I am woman, hear me roar, in French. Note to newly elected Quebec premier-designate Pauline Marois: First, please know that there is no ad-

equate French term for "smoked meat" or "bagels." Second, if you achieve your goal of separation, whose picture goes on the money? Celine Dion? Guy Lafleur? Give it some thought.

2 Spare the rod. The Canadian Medical Association Journal says it's time to repeal Criminal Code Section 43, which allows parents to physically discipline their children. Apparently, several bills to ban corporal punishment have failed in the House of Commons as recently as 2008. If this is true, where are these parents when these kids are kicking my seat on the plane?

3 Growing up Disney. Selena Gomez sheds her wholesome image in the new film Spring Breakers. The movie apparently features scantily clad girls doing drugs, which Gomez admits may be "shocking" to her fans. Now, Selena is adorable, but I'd consider it "shocking" to see her in a movie I actually wanted to watch.

4 Monkey business. Wildlife trading on the web has now reached dangerous proportions. As a result, more than 7,500 species of animals are at risk of extinction. Sites like eBay are being asked to implement stricter regulations, but I'm more interested in the delivery. I can barely find an Xpresspost box to send my mom a coat, but people are shipping rhinoceroses? That's gotta be a lot of stamps.

5 Day job. Former football star Michael Strahan fulfilled his 2008 prophecy by becoming Kelly Ripa's new co-host. After winning the Super Bowl, Regis Philbin asked what he wanted to do next. Strahan replied: "Your job looks pretty good." I've used that line at every job interview, and it has never worked.

6 Get Smart-phone. Millions of Apple device IDs, which track user activity, were uncovered by hackers on an FBI agent's laptop. The news sparked tremendous public outcry regarding what American's claim is a breach of privacy. Government officials across the country were surprised to hear that the term "privacy" was still in use.

7 TIFF is back with a vengeance. A little Shakespeare here, some Tolstoy there, and a Spike Lee documentary about Michael Jackson. I've got my eyes on Jack Kerouac's On the Road, starring the princess of pout, Kristen Stewart. Mostly because I was never intoxicated enough to finish the book, but also because Stewart might be one relationship question away from an epic hissy fit that could make YouTube history, and it would be nice to see it happen in Canada.

8 CIFF, not TIFF. There's a buzz surrounding a film that will be unveiled at the Calgary International Film Festival. Mr. Viral is a dark comedy thriller about viral marketing that's been described as Mad Men meets Fight Club. In a novel attempt to raise money, producers offered subliminal photo placement to small online investors, so don't be surprised if you leave the theatre with the mysterious urge to call your ex-girlfriend.

9 Long and Winding Road. On this day in 1964, The Beatles played two shows at the old Montreal Forum, in English.

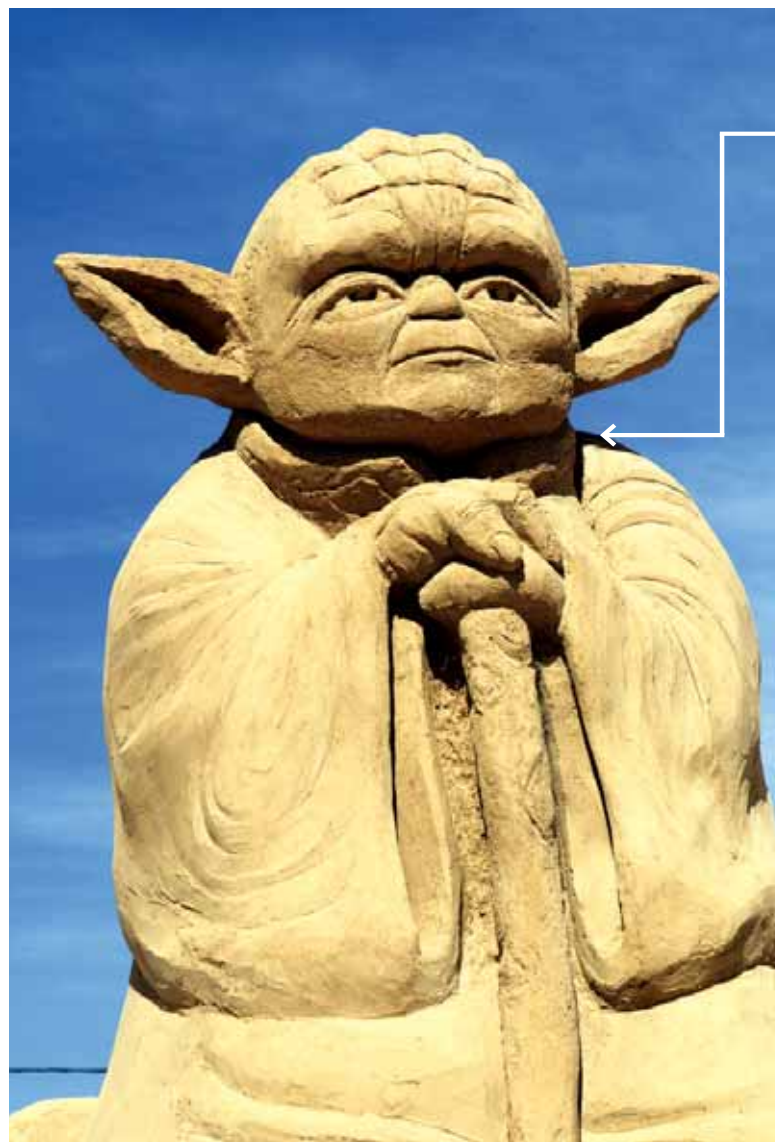


Kelly Ripa and Michael Strahan
BEN GABBE/GETTY IMAGES

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Strong the Force is on this beach



SCOTT AIKEN/REX FEATURES

FIESA 2012

The sand championships

Jedi master Yoda gets a holiday makeover at the FIESA 2012 International Sand Sculpture Festival in Portugal. It is the largest such festival in the world and this is the 10th anniversary. Each year, about 60 artists take part, and this edition's theme is "Idols." Masterpieces include Michael Jackson and Portuguese soccer star Eusebio. **METRO**



The White House at a U.S. sand show. GETTY IMAGES

Rival festivals

Portugal may have the biggest sand festival, but is it the best?

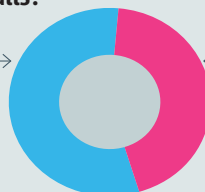
- **Harrison Hot Springs.** Canadian site that has hosted World Championships.
- **Weston-super-Mare.** U.K. event has taken place since 2005, but was vandalized this year.



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Is it OK to use expletives on your friends' Facebook walls?

56%
NO. IT MAKES THEM LOOK BAD WITHOUT THEIR CONSENT.



44%
YES. ANYTHING YOU WOULD SAY IN CONVERSATION, YOU CAN POST ON THEIR WALL.



Twitter

@alangdon17: when is it time for darrell dexter to go up for election? he has done nothing but ruin this province. #needchangenow

@FeralSeagull: For those of you who are new to Halifax this week. It is considered customary to share your lunch with the gulls. I thought you should know.

@MoDunk:

Got 2 tickets to see @jordanknight in Halifax! Now all I need is someone to go with!

@HockeyPuckers: The Halifax Mooseheads will be the most entertaining hockey team in North America this year

@SarahSawler: So tired of people stealing from artists. If you want art, make it yourself. Then imagine how you'd feel if it was stolen. #halifax



A film about the beauty of language should be better written than *The Words*. HANDOUT

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Story falls flat in film about storytelling

The Words. Flimsy characters, an ending filled with ennui and a pretentious premise make this movie about a novelist one to miss

Richard: Mark, words fail me. Or should I say, *The Words* failed me. A movie about the beauty of language should be better written than this. Let's put aside the bizarre story-within-a-story-within-a-movie structure for a second and focus on the words themselves. We are supposed to believe the Dennis Quaid character is a master wordsmith, but when he reads from his book it's as if he's reciting a police report. "And on a Friday afternoon, they were married at City Hall. They honeymooned in Paris." Where's the art in that?

Mark: Well, Richard, maybe the Quaid character is a Hemingway acolyte. And there are numerous references to him in the film. But what the movie is about is the power of storytelling. So how about this? Just tell the story! What is the purpose of the Quaid framing device except to show off Olivia Wilde's doe eyed frozen smirk?

RC: Perhaps it was seen as another opportunity for different characters to mouth platitudes. The blurred line between real life and fiction could have been an interesting plot device, but instead is just pretentious and dull. Are we supposed to take any of this seriously when the deepest any character gets is to tell us that great artists must choose between life and fiction? "They're very close, but they're two different things." Thanks for clearing that up.

MB: The movie actually sucked me in for the first half. Then it just sucked. I liked Jeremy Irons but I found that everyone's motivations were completely phony. And doesn't Bradley Cooper know that Paul Dano has the franchise rights to playing struggling novelists this year? And for a movie that's all about the gift of narrative, could someone have written an ending?

RC: I hate to just pile up on this movie, but it doesn't leave me with many options. Irons has something going until he says, "Wait, this is when it gets interesting." If only he were right. It's all just so earnest and poorly told, as if it is a lesson in how NOT to describe a writer's life. The abrupt ending didn't bother me that much. I was just glad it was over.

MB: I thought the movie was

Synopsis

Dennis Quaid plays Clay Hammond, a bestselling author reading from his book *The Words*. He spins the tale of Rory (Bradley Cooper), a struggling writer who publishes a manuscript he found tucked inside an antique briefcase. Taking credit for the words, he is forced to face his bad deed when the author of the book, an old man who lost the manuscript 50 years before, enters his life.

- Richard: ●●●●●
- Mark: ●●●●●

setting us up for a blackmail thriller, which would have been obvious, but nothing could have been as bad as the bloodless, whimpering ennui of the last third of this film.

2 SCENE

On the web



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Milla Jovovich likes hotel shampoo, and her job as queen zombie killer

Resident Evil franchise. Star of series talks about fifth film and the possibility of a female version of the Expendables



NED EHRBAR
Metro World News in Hollywood

When I first see Milla Jovovich, she's carrying a handful of hotel toiletries to her bag, explaining that she's taking them home with her. "I have guest rooms, and I think it's super-chic to put them out, and then when people are finished with them, either they buy their own or they know it's time to leave," she explains. "I can obviously afford to buy shampoo, but it's a principle thing, right?" Jovovich certainly can afford any toiletries she wants, since her zombie-fighting film series is up to its fifth installment, *Resident Evil: Retribution*, and it



Milla Jovovich is on her fifth installment of the *Resident Evil* franchise, and she's not about to slow down. HANDOUT

shows no sign of slowing down.

When you get to the fifth film in a franchise, how do you keep track of the story?

I'm married to the writer-director. That helps. Because literally, I think up until last year I totally thought Alice was the

bad guy. And Paul [W.S. Anderson] was like, "No, but don't you remember in No. 1, the whole flashback sequence?" And I was like, "Are you sure?" And he's like, "I wrote the script. I think I'm sure." But pretty much there is no script. Michelle [Rodriguez] and I like

to say that Paul just has a video camera and presses record. So it's pretty much like reality TV.

There's talk of an all-female version of the *Expendables*.

We're the ones that set it up. Paul and I have an idea for a female *Expendables* project,

but *Expendables* is a very conceptual film, so how do you translate that into a female genre without being derivative? There's not that many girls that you would associate with that, do you know what I mean? There are many more guys that are known as action stars than

women, so how would you make a female *Expendables* in that way? It's tough, but we have a really interesting idea that I won't tell you about right now, but it's really cool and it would be sort of like a female *Expendables*. It would be strong women taking vengeance.

Milla's Twitter rule

- **Devote the time.** "If I'm going to tweet, I need to tweet and be able to have an hour to tweet. I can't just tweet one thing and then disappear. It's a Russian thing. I'm a guilt-ridden human being, I live in guilt. Always. If I'm going to tweet, I want to chat, I want to have quality time. I could not tweet for a month, which I think is OK, but when I do tweet, I give them a good hour of my time. I don't want to be halfway there."

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Roger Ebert has been coming to TIFF since its inception. GETTY IMAGES

You won't get a TIFF list out of Roger Ebert

A critic's take. World's most famous cinephile shares his memories of Toronto's fest, but won't play the 'best picks' game

RICHARD CROUSE
scene@metronews.ca

Roger Ebert, the Chicago-based world's most famous film critic, has spent a considerable amount of time in Toronto.

"I've spent six months there," he wrote in a recent email exchange, "one festival at a time."

The festival that brings him to Hogtown is the Toronto International Film Festival, which kicked off its 37th year today.

In his review of *Melancholia* he waxed rhapsodic about the importance of TIFF.

"Toronto announces the end of a summer of often disappointing and overinflated

'blockbusters,' and an autumn that feels like a springtime of the cinema." He wrote from experience. The Pulitzer Prize winner has been attending TIFF since its inception.

In fact, he's so familiar with TIFF he even has a nickname for the vertigo-inducing staircase at one of their premier theatres.

The "escalator of terror" he calls it.

Length of escalators aside, he is succinct when I ask about the changes he's noticed over the years.

"It's grown bigger and better," he wrote.

As for any improvements he'd like to see made?

"Most of the changes I've wished for have, in fact, been made."

He's more forthcoming when I ask how he would explain the importance of film festivals to someone who has never attended one.

"It's a way to expose yourself to the best of new world filmmaking, three to four films a day, and (equally valuable) join in the conversations before and after them

and while in line. You just can't get up to speed with a couple of multiplex pictures a month."

As for advice to a TIFF newbie?

"Avoid the movies that will be opening between now and Christmas, and seek out those that sound intriguing."

He's had many intriguing festival moments over the years, so I asked him to describe his most vivid TIFF memory.

"I've never heard a more ecstatic audience reaction than at the premiere for Jason Reitman's *Juno*," he wrote. "That's not to say it was the best film I've ever seen at Toronto, although I loved it — but that I have an audience reaction to judge other reactions against."

There are 372 features at this year's festival, so it seemed obvious to inquire about what he was most excited to see and why.

"Oh, no. I won't play," he smiled.

"I never, ever make lists, and especially of films I haven't seen."

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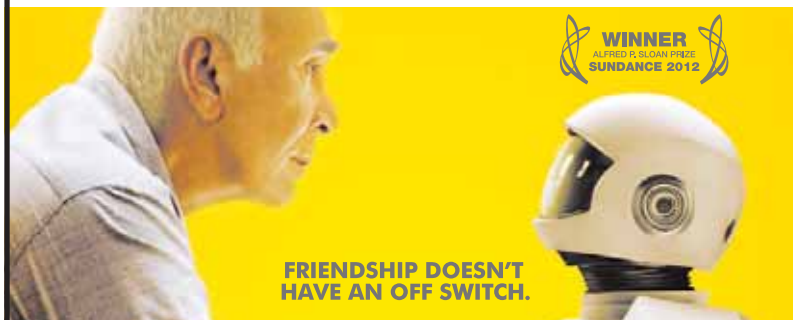
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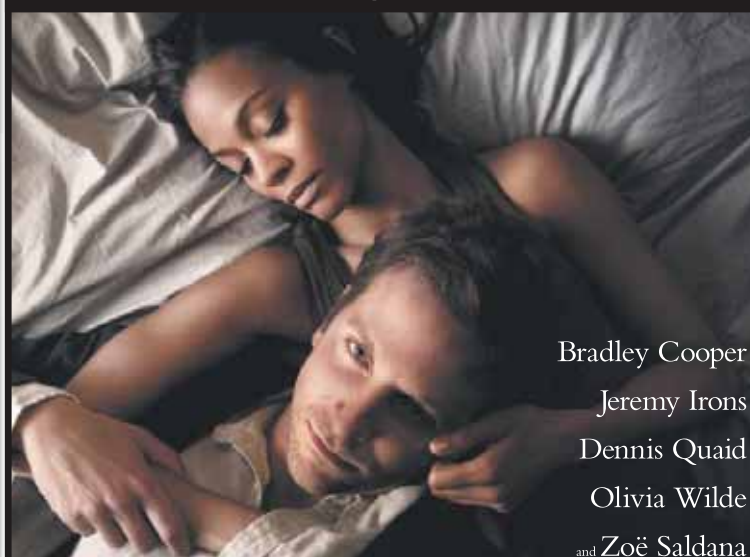
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 Brave (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:50
 Brave 3D (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 3:20
 The Campaign (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-3:55-7-9:15
 The Dark Knight Rises (PG) Dolby Stereo Digital Fri-Thu 2-7:35
 Diary of a Wimpy Kid: Dog Days (G) Dolby Stereo Digital, Stadium Seating Fri-Tue 12:30-3-6:20-8:55
 Dolby Stereo Digital, Stadium Seating Wed 12:30-3-6:20-9:30
 Dolby Stereo Digital, Stadium Seating Thu 12:30-3-6:20-8:55
 The Expendables 2 (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-4:10-6:45-9:25
 Hit & Run (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 6:25-9:05
 Hope Springs (14) Stadium Seating, Dolby Stereo Digital Fri-Thu 1:50-4:25-7:15-9:40
 Ice Age: Continental Drift (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1-3:30
 Lawless (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:20-4:05-6:55-9:35
 Marvel's the Avengers 3D (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 7:45
 The Odd Life of Timothy Green (G)

Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-3:40-6:40-9:10
 ParaNorman (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 12:40
 ParaNorman 3D (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 3:10-6:30
 The Possession (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:40-4:15-7:20-9:55
 Premium Rush (14) Dolby Stereo

Digital Fri-Thu 1:55-4:30-7:30-10
 Robot & Frank (STC) Dolby Stereo Digital Fri-Thu 1:45-4:20-7:05-9:20
 Ted (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 9
 The Words (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:35-4:15-7:10-9:45

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Joseph Gordon-Levitt is one extreme bike courier in Premium Rush. HANDOUT

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 The Bourne Legacy (PG) Stadium Seating Fri 4-6:30-8:50 Stadium Seating Sat-Sun 1:15-4-6:30-8:50 Stadium Seating Mon-Wed 6:30-8:50 Stadium

Seating Thu 8:50
 The Campaign (14) Stadium Seating Fri 4:35-7:10-9:25 Stadium Seating Sat-Sun 1:50-4:35-7:10-9:25 Stadium Seating Mon-Tue 7:10-9:25 Stadium Seating Wed-Thu 9:25
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 Lawless (STC) Stadium Seating Fri 4:05-6:40-9:20 Stadium Seating Sat-Sun 1:20-4:05-6:40-9:20 Stadium Seating Mon-Thu 6:40-9:20
 The Possession (14) Stadium Seating Fri 4:30-7:15-9:35 Stadium Seating Sat-Sun 2-4:30-7:15-9:35 Stadium Seating Mon-Thu 7:15-9:35
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Beat Down (14) Digital, Dolby Stereo Digital, Stadium Seating Fri 4:40-7:05-9:25 Digital, Dolby Stereo Digital, Stadium Seating Sat-Sun 2:15-4:40-7:05-9:25 Digital, Dolby Stereo Digital, Stadium Seating Mon-Thu 4:40-7:05-9:25 The Bourne Legacy (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri 4:35-6:40-8:55 Digital, Dolby Stereo Digital, Stadium Seating Sat-Sun 1:35-5:55-6:40-8:55 Digital, Dolby Stereo Digital, Stadium Seating Mon-Thu 4:35-6:40-8:55 The Campaign (14) Digital, Dolby Stereo Digital, Stadium Seating Fri 4:15-7:35-9:40 Digital, Dolby Stereo Digital, Stadium Seating Sat-Sun 2:05-4:15-7:35-9:40 Digital, Dolby Stereo Digital, Stadium Seating Mon-Thu 4:15-7:35-9:40 The Cold Light of Day (STC) Digital, Dolby Stereo Digital, Stadium Seating Fri 4:25-7:50 Digital, Dol-

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Stereo Digital, Stadium Seating Mon-Thu 4:10-7:15-9:35

Truro

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The Bourne Legacy (PG) Digital, Dolby Stereo Digital, Stadium Seating Fri 6:30-9:05 Digital, Dolby Stereo Digital, Stadium Seating Sat-Sun 2:50-6:30-9:05 Digital, Dolby Stereo Digital, Stadium Seating Mon-Thu 6:30-9:05 The Campaign (14) Digital, Dolby Stereo Digital, Stadium Seating Fri 7-9:25 The Expendables 2 (14) Dolby Stereo Digital, Digital, Stadium Seating

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Stereo Digital Sat-Sun 2:35-6:35-9:15 Digital, Stadium Seating, Dolby Stereo Digital Mon-Thu 6:35-9:15 The Words (STC) Dolby Stereo Digital, Digital, Stadium Seating Fri 6:45-9:10 Dolby Stereo Digital, Digital, Stadium Seating Sat-Sun 2:30-6:45-9:10 Dolby Stereo Digital, Digital, Stadium Seating Mon-Thu 6:45-9:10

Bridgewater

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The Bourne Legacy (PG) Fri 6:30 Sat-Sun 2:45-6:30 Mon-Thu 6:30 The Expendables 2 (14) Fri-Sat 7-9:20 Sun-Mon 7 Tue 7-9:20 Wed-

Thu 7 Hit & Run (14) Fri-Sat 6:50-9:35 Sun-Mon 6:50 Tue 6:50-9:35 Thu 6:50 Hope Springs (14) Fri-Sat 9:05 Tue 9:05 Lawless (STC) Fri 6:45-8:55 Sat 3:05-6:45-8:55 Sun 3:05-6:45 Mon 6:45 Tue 6:45-8:55 Wed-Thu 6:45 The Odd Life of Timothy Green (G) Sat-Sun 2:35 ParaNorman (PG) Sat-Sun 2:30 The Possession (14) Fri 7:15-9:30 Sat 3:15-7:15-9:30 Sun 3:15-7:15 Mon 7:15 Tue 7:15-9:30 Wed-Thu 7:15 Premium Rush (14) Fri 6:55-9:10 Sat 2:50-6:55-9:10 Sun 2:50-6:55 Mon 6:55 Tue 6:55-9:10 Wed-Thu 6:55 The Words (STC) Fri 6:35-9:25 Sat 3-6:35-9:25 Sun 3-6:35 Mon 6:35 Tue 6:35-9:25 Wed-Thu 6:35

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3 songs for the weekend

Last year, the Toronto International Film Festival was visited by U2, Pearl Jam and Neil Young in conjunction with various films. Here's who's coming this year.



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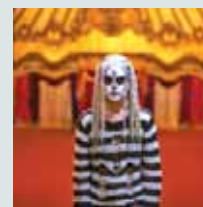
Jared Leto (a.k.a. Bartholomew Cubbins)/ Artifact

The 30 Seconds to Mars man documents how his band made the *This Is War* album while engaged in a brutal lawsuit with their label. Kings and Queens was a single. bit.ly/bCnu2y



Spike Lee (standing in for Michael Jackson)/Bad 25

Lee looks at *Bad*, another record that shaped the Jackson legend. Martin Scorsese directed the video for the title track. bit.ly/8n46rM



Rob Zombie/ The Lords of Salem

A radio DJ probably shouldn't have opened that mysterious box. Warm up with Sick Bubblegum from 2010's *Hellbilly Deluxe 2*. bit.ly/SbogOr

Kill me maybe. Carly Rae Jepsen's tune Billboard's song of the summer

There's no maybe about it: Carly Rae Jepsen's *Call Me Maybe* is the song of the summer.

Billboard says the 26-year-old Canadian's infectious pop song about infatuation love topped its Songs of Summer chart. The list annually ranks the overall performance of hit songs on the Billboard Hot 100 between Memorial Day and Labor Day.

Landing at No. 2 was Maroon 5's *Payphone*, featuring Wiz Khalifa. Gotye's *Somebody That I Used to Know*,

featuring Kimbra, Katy Perry's *Wide Awake* and Ellie Goulding's *Lights* round out the top five.

Call Me Maybe has already netted Jepsen a Teen Choice Award, and the video is up for the best new artist moonman trophy at Thursday night's MTV Video Music Awards.

THE ASSOCIATED PRESS



The hit album that almost wasn't



Jay Ferguson, left, and Chris Murphy, of rock band Sloan, pose for a photo in their Toronto rehearsal space last month.
MICHELLE SIU/THE CANADIAN PRESS

Canadian content. Sloan celebrates *Twice Removed*, a beloved record once considered a failure

Now that it's a fixture on lists of the greatest Canadian rock albums of all time, it's easy to forget that Sloan's *Twice Removed* was once reviled.

Or at least it was by the behemoth of alt-rock record labels, Geffen, when the Halifax quartet delivered the glimmering LP, a thoughtful collection of brightly lit guitar-pop.

Twice Removed was an admitted left-turn from the group's distortion-contorted debut *Smeared*, and at a time when the modern-rock charts were dominated by sludge-slurping Nirvana imitators, their sophomore album was not what the label wanted to hear. It was clean, back when "clean" was a dirty word.

The album killed the golden goose. It broke up the band. But now they're celebrating it, in the form of a deluxe vinyl re-issue and a cross-country tour during which Sloan will play the record in its entirety.

Back when Geffen first re-

jected it — when they asked the band to re-record the entire thing — the band certainly never imagined they would one day warm to the album.

"Self-doubt is my default setting — but I was the most torn up about it," said bassist and co-frontman Chris Murphy in a recent interview from their cluttered Toronto rehearsal space.

"I probably would have done anything. I was so excited to be on Geffen. ... 'Oh, they're asking us to record the whole thing again?! I guess that's what you do. I guess that's what we should do.'

"I'm glad that we didn't."

So are the album's legions of fans.

But they didn't really exist back in 1994. Sure, Sloan did have fans. A couple of years prior, they had inked a deal with Geffen — the home of Nirvana, Beck and Sonic Youth — on the strength of their 1992 *Peppermint EP*, and followed it with their messy but charming full-length *Smeared* later that year.

That debut was a moderate chart success in Canada, but was most notable for the seemingly rosy future it forecast. In truth, *Smeared* was a dissonant pastiche of various indie-rock influences, one which both

Influences

- Sloan dug deep into their influences — including the Velvet Underground, Slint, '80s hardcore and, of course, some classic British pop — while penning the songs that would form *Twice Removed*. There was certainly a degree of defiance as they rejected the direction most of the rock world was taking.
- "We were kind of running from grunge and this sort of house of cards that it seemed to be — all that 'poor man's Nirvana' (stuff)," Chris Murphy said.

belied the band's inexperience and hinted at real songwriting skill submerged under the layers of fashionable fuzz.

That album, of course, is celebrating its 20th anniversary this year. But the band didn't really savour the idea of playing *Smeared* front-to-back every night.

"There'd be a bunch of songs where we'd be like: 'Ugh. Skip that one,'" laughed Murphy. **THE ASSOCIATED PRESS**

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Country music's rising star returns home

Hurricane cleanup. Homecoming sees Hayes at a concert for a hospital and singing the anthem at Sunday's Saints game

Rising country singer Hunter Hayes knows a thing or two about hurricanes.

The south Louisiana native has seen his share and even named his breakout single Storm Warning — about a beautiful girl he compares to a Cat 5 hurricane, the strongest category of tropical storm.

On Friday, the accordion-playing, harmonica-blowing singer from the Cajun town of Breaux Bridge returns, as Louisiana cleans up from Hurricane Isaac, for a concert benefiting a New Orleans hos-

pital.

He's also scheduled to sing the national anthem at the New Orleans Saints' football game against the Washington Redskins on Sunday, his 21st birthday.

"This is going to be like a huge homecoming celebration for me," said Hayes, who has just been named one of the CMA Award's new-artist nominees, along with Lee Brice, Brantley Gilbert, Love

and Theft and Thompson Square.

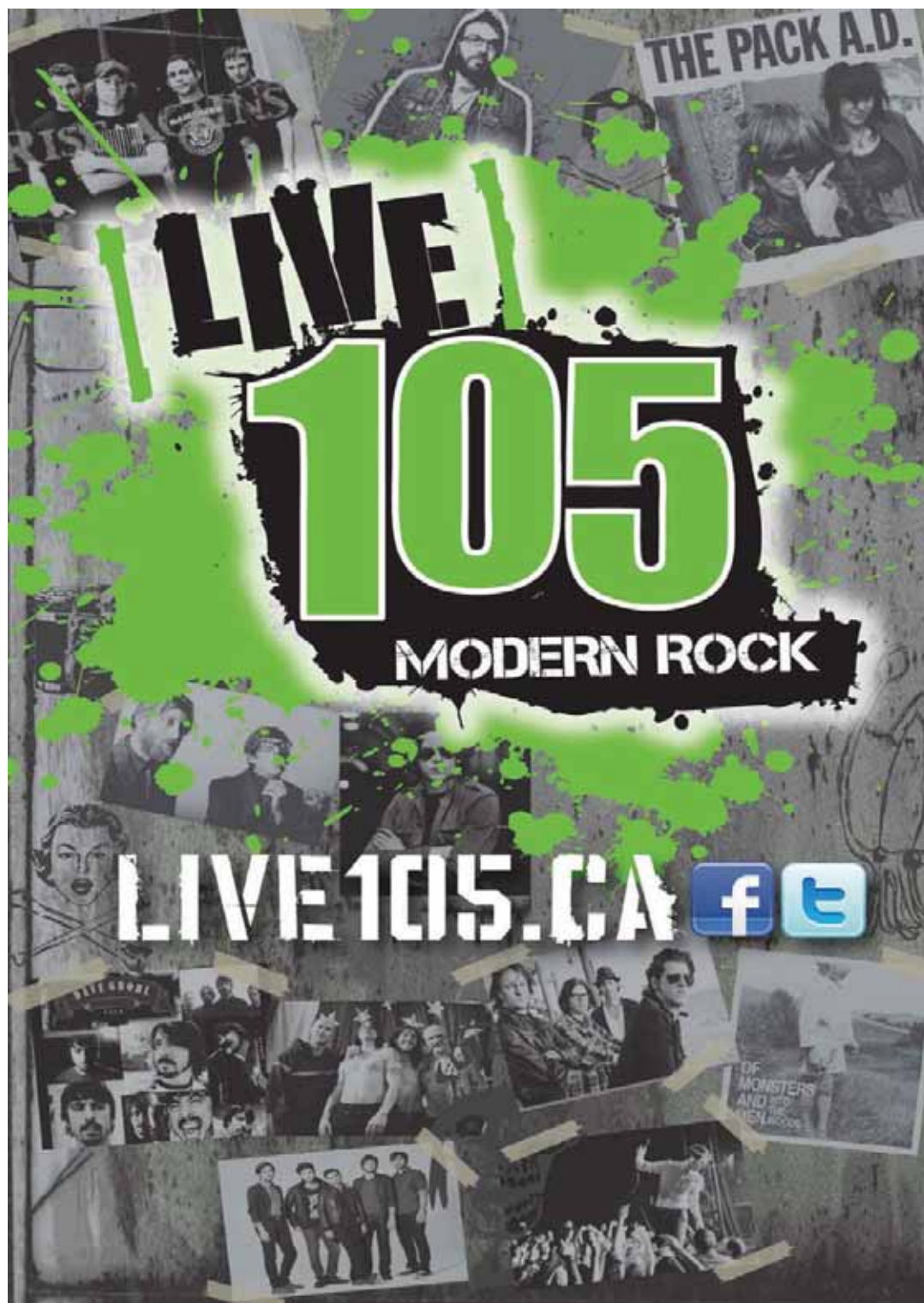
The 46th annual CMA Awards will air live Nov. 1 on ABC from Nashville's Bridgestone Arena. Hayes toured last year with Taylor Swift for part of her Speak Now tour and earlier this year with Rascal Flatts for its Thaw Out tour. Hayes hits the road again later this year as the opening act on Carrie Underwood's Blown Away tour.

Country music

Even as a little kid, Hayes said he just related to country music but it was his roots and playing lots of instruments that makes his music so different.

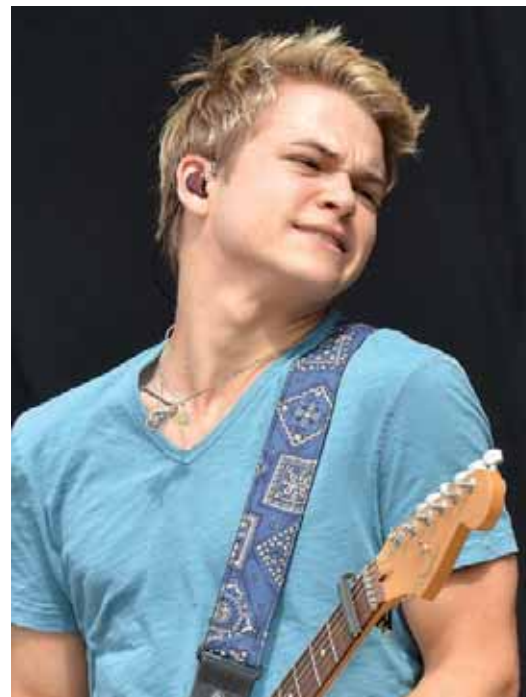
- **Lot of different music festivals.** Though Hayes moved to Nashville about five years ago, he said he still considers Louisiana

home. It's where he spent his childhood playing "every instrument I could get my hands on." That included the harmonica, accordion, drums and guitar, he said. He frequently performed at Louisiana's Cajun, zydeco and seafood festivals but said he found his niche writing and performing country songs.



"I'm living my dream," he said. "Music is my life. It's

what I live for."
THE ASSOCIATED PRESS



Country singer Hunter Hayes is returning to help those who helped him.
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What's the deal with Perry and Mayer?

It's getting tough for folks to keep up with Katy Perry's romance with John Mayer. Two weeks ago, the pair was supposedly off when Mayer dumped Perry after a couple of months of "casual dating," but that doesn't explain why Perry and Mayer have been spotted together twice in the last week, according to X-17.

First, they hit up a Labour Day weekend music festival in downtown L.A., and then just a few days later they were spotted sneaking out of a restaurant after having dinner together.

People who have recently broken up don't usually spend that much time together.



The Word

Pattinson's drinking problem is 'out of control': Source

Friends of Robert Pattinson reportedly want the actor to seek treatment for a drinking problem they say he's had for years and has only gotten worse since revelations of girlfriend Kristen Stewart's infidelity came to light, according to Hollyscoop.

Pattinson "has a huge drinking problem" and his friends and family "think that he needs to go to rehab," a source says.

But apparently his drinking is nothing new, according to the source: "He was drinking every day on the set of Cosmopolis and everyone on the set was aware of this," the source says. "His drinking is out of control. He loves vodka and drinks alone."

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OUR TAKE ON THE WORLD OF CELEBRITIES



Lohan sets record straight about Tom Cruise story

Somewhat, Lindsay Lohan got pulled into a recent Vanity Fair story about the Church of Scientology auditioning actresses to be Tom Cruise's girlfriend before he married Katie Holmes, and Lohan just wants everyone to know she has no idea what the magazine is talking about.

"Lindsay met with Tom before he met Katie," a source tells the Huffington Post.

"At first, she was super-excited to work with Tom and thought it was about a role in Mission Impossible. It soon became clear that he wasn't looking for an actress but something very different."

Looking to clear her name, Lohan was quick to take to Twitter to post, "I just want everyone (and Tom Cruise) to know, that I have/had NO part in the VF story — nor has anyone in my life, personal and work-related."

A close-up photo of a man with dark hair and a beard, looking directly at the camera with a surprised expression. He is in a bathroom, with a sink and faucet visible in the background.

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I try not to take things too seriously — especially wine. Knowing my booze beverage of choice can pour pretty pretentious just makes me more than happy to poke fun at its reputation for being a glass for the upper class.

In my slightly twisted mind, wine is the people's drink and should never be put on a pedestal or treated like a liquid of luxury (even if the bottle costs a few hundred bucks).

That's why I appreciate winemakers with a sense of humour. I'm not talking about their juice. It's more about how they brand their output. The Aussies are masters at making classy, yet accessible, wines with amazingly original names.

When it comes to old school fun Mitolo's 2010 Jester Shiraz (\$21.95 - \$24.99) is more than a thick, textured red from the McLaren Vale in South Australia. Its name was inspired by jester Richard Tarlton — one of Queen Elizabeth I's favourite comedians.

Dark, deep and layered with licorice, spice and chewy black fruit, it's a perfect late summer barbecue companion for steak or a choice slab of beef. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Serve restaurant taste at your dinner table

Spicy Pork and Polenta. Take the mystery out of cooking this maize, which is a staple in Italian cuisine

Most people consider polenta a restaurant food. That's because as good as this creamy, cheesy Italian staple is, few of us have the hour needed to crank it out.

But hidden on the grocer's shelves is a shortcut that can help get polenta on your dinner table any day of the week in minutes — prepared polenta. This is different — and far better — than a related product known as instant polenta. But first, some polenta basics.

Polenta is a traditional starch in Italian cooking, an alternative to pasta, rice and potatoes that pairs deliciously well with robust sauces and meats. Polenta is made by slowly simmering and stirring cornmeal with chicken broth or water. It usually also is seasoned with Parmesan cheese and butter.

While the dry product called instant polenta prom-

Ingredients

- 1/2 cup mirin
- 1/4 cup crushed pepper sauce
- 1/4 cup seasoned rice vinegar
- 2 tbsp soy sauce
- 1 lb thinly sliced pork cutlets, cut into chunks
- 18-oz tube prepared polenta, cut into chunks
- 1 cup milk
- 2 tbsp toasted sesame oil
- 4 oz crumbled feta cheese
- Salt and ground black pepper



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

ises results in five minutes or less, it tends to be grainy and flavourless. The better choice is tube-style pre-cooked polenta, usually sold in the grocer's natural foods section. This product is ready to slice and toss on the grill, under the broiler or into a skillet to pan-fry.

1. In stainless steel bowl, stir mirin, crushed pepper sauce,

vinegar and soy sauce. Add pork, toss, refrigerate 20 mins.

2. Meanwhile, in saucepan over medium heat, combine polenta and milk. Stir until soft and heated through, 6 to 7 minutes. Cover and set aside.

3. In skillet, heat oil over medium-high. Remove pork from the marinade (reserve

marinade) and add to pan. Brown cutlets on each side 4 mins. Add marinade from bowl to skillet and bring to a boil.

4. Stir feta cheese into polenta, then season with salt and pepper. To serve, spoon polenta onto each plate, then top with pork cutlets and sauce from pan. **THE ASSOCIATED PRESS**

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Brew isn't just for sipping

Beer Can Chicken.

Keep the seasonings simple and use beer to create moisture in this delicious grilled dish

There is no better recipe for the direct and indirect cooking method than this Beer Can Chicken.

When preparing this recipe, use a porcelain chicken "sitter" because it stabilizes the chicken as it grills. Some kitchenware companies also sell metal and wire versions.

They all serve the same purpose — an easy and stable way to prop a whole chicken upright and over a can or container of beer during cooking.

1. Heat the grill to high, then prepare it for cooking over indirect heat.

2. Coat the chicken lightly with oil, then season it inside and out with 1 tablespoon of

the dry rub. Set aside.

3. Open the beer can and pour out about 1/4 cup of the beer. Make an extra hole in the top of the can using a church key-style can opener. Sprinkle the remaining tablespoon of the dry rub inside the beer can. Place the beer can in the centre of the cooking grate (or in the sitter, according to product directions) over indirect medium heat.

4. Sit the chicken on top of the beer can. The chicken will appear to be sitting on the grate.

5. Cover the grill and cook the chicken for 1 to 1 1/2 hours, or until the breast area reaches 165 F and the thighs reach 180 F. Use tongs to carefully transfer the chicken, lifting it off the beer can, to a platter. Let it rest for 10 minutes before carving. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, GRILLING AND SOUTHERN FOOD EXPERT**



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4- to 5-lb whole chicken, patted dry
- Olive oil
- 2 tbsp favourite dry rub for

- meat (or a blend of kosher salt and ground black pepper), divided
- 12-oz can beer



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Jenna Conter
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Major LOLs

The Panel Show is setting sail for Halifax — It's the quiz show where the contestants are funny, the questions are stupid. As a part of the 22nd Atlantic Fringe Festival, The Panel Show has 10 new shows in 10 days with Host Ned Petrie and Panelists such as Mark Little, Brian MacQuarrie, Bill Wood or Picnic Face along with Merv Hartlen, Paul Warford, and Amanda Bulman. DANSpace — 1531 Grafton St., Sept. 9, 2012.



It's a spicy weekend!

Thanks to the Italian Canadian Culture Association of Nova Scotia, this weekend brings amazing Italian food, music, culture ... and did I mention food! While you're munching away, pop into a language course, learn about Italian film ... Or just keep eating. Friday through Sunday, 2969 Agricola St. will be the place to learn, listen... and EAT! Buon Appetito!

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Takin' it to the Streets

Hipsters, Yogis, and those without cars unite! From 9 a.m. to 2 p.m. on Sunday, a 2 km route on the Halifax peninsula will be closed to cars and open to walkers, runners, bikers, in-line skaters, strollers, dancers and much more. Activities will replace traffic to kick off the very first Switch in Halifax! In hopes of making this an annual event, come out and take part in one of the many events! For more information search "Switch Open Streets Sunday" on Facebook.



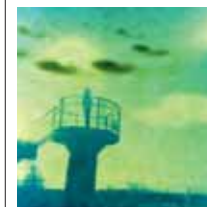
Welcome Back Students: Beach Party at Argyle

Classes have started for the masses of bright-eyed and bushy tailed yet seemingly terrified froshies that have graced the universities and colleges around this 'burg. First weekend — first round of parties. Don't miss out on a small snippet of summer in the form of a Beach Party at the Argyle Saturday night! With The reggae tunes of The Viceroy's, this beach in a bar beckons.



Opening night art show

Two of Canada's contemporary art heavy-weights exhibit together for a powerful presentation. Harold Klunder and Ron Shuebrook are said to be about as strong a painters can get but they continue to recognize and relish the task that is their work as an evolutionary process, building upon the past and creating anew. Opening Friday at Studio 21 at 5 p.m. with a conversation with the artists beginning at 6 p.m.



Open Now: Sightings

On display now through the month of September, an exhibition by B.C. based artist Ella Morton, is a series of pinhole photographs dealing with the unknown and mysterious phenomena. The images depict eerie scenes featuring people confronted with the unknown. The exhibition will also feature an audio component. According to the artist, these images are stagings of people witnessing mysterious phenomena from UFOs or other unexplainable happenings.

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Jillian Saulnier, right, skates down the ice in an NCAA Division I game with Cornell Big Red last season. COURTESY CORNELL UNIVERSITY

Jillian Saulnier gets Team Canada call

Making the cut. Forward from Halifax among youngest of 40 players invited to key evaluation camp this month in Calgary

MATTHEW WUEST
matthew.wuest@metronews.ca

Jillian Saulnier is inching closer to realizing her dream of playing for the Canadian senior women's hockey team.

The 20-year-old from Halifax was one of 40 players invited Thursday to a national team selection camp

from Sept. 22 to 30 in Calgary, where she will skate alongside Canadian Olympic heroes Hayley Wickeneiser and Jayna Hefford.

She'll be one of 12 players aged 20 and younger at the camp and all of them are pushing to make their national team debuts.

"It's a huge honour and it was really exciting to get that email," said Saulnier, who suited up for Canada's under-22 team last month in a three-game series against the U.S. in Calgary.

"I've been working hard (this summer) ... I'm in the hockey mood for sure and when you're playing with and against the best, it's an outstanding feeling. I'm really looking forward to it."

Saulnier played at the

Lofty goals

"It's a dream of mine. The closer I'm coming to it ... words can't describe it."

Halifax hockey player Jillian Saulnier. Talks about the possibility of playing for Canada's senior women's hockey team.

NCAA Division I level with the Cornell University Big Red last season, lighting up the Ivy League ranks with 52 points in 33 games and earning Eastern Collegiate Athletic Conference rookie of the year.

The five-foot-five former Halifax Hawks star forward is well known to Hockey Canada scouts.

She won gold at the IIHF world U-18 championship and has worn a letter for both the U-18 and U-22 teams.

She hopes work ethic sets her apart at the camp.

"I just have to give it my all — there's no other option," she said. "Play with heart, because in the end, that's all that matters."

Hockey Canada's staff will use the week to evaluate players for the 2013 IIHF world women's championship and for training centralization in Calgary in the lead-up to the 2014 Olympics in Sochi, Russia.

"This is a huge camp, obviously," she said. "I have to keep my focus, keep driving hard, and hopefully things will work out."

Auto Racing

Turple looking for 2nd Pro Stock title

Enfield's Shawn Turple can clinch his second Parts for Trucks Maritime Pro Stock Tour title in four years this weekend. Turple has a 27-point lead over second-place John Flemming heading into Saturday's final race at Scotia Speedworld.

METRO

Paralympics

Halifax sailor misses the podium

Halifax's Paul Tingley fell just short of his third career podium finish at the Paralympic Games on Thursday after the final day of his sailing event was cancelled due to a lack of wind. Tingley placed fifth in the single-person keelboat event.

METRO

AUS Football

CIS interlocking schedule gets extended to 2015

With their current agreement set to expire later this year, Atlantic University Sport and the Quebec Student Sports Federation extended their interlocking football schedule through to the end of 2015.

METRO

Saint Mary's

Huskies name Murphy top dog

Saint Mary's University named David Murphy interim athletic director on Thursday. Murphy, who held the role for five years in the mid-2000s, replaces Steve Sarty, who was fired last month. METRO

Mooseheads anxious to get preseason started



Goalie Zach Fucile stares down a shot at Mooseheads practice this week.

JEFF HARPER/METRO

The Halifax Mooseheads will welcome back three of their brightest stars this weekend.

The Mooseheads, 3-1 in the QMJHL pre-season, return to action with a visit to the Cape Breton Screaming Eagles on Friday at 7 p.m. and a home game against the Eagles on Sunday at 4 p.m. at the Halifax Forum.

Nathan MacKinnon, Zach Fucile and Jonathan Drouin will make their pre-season debuts, general manager Cam Russell said. MacKinnon and Fucile will suit up at home on Sunday and Drouin will "most likely" join them.

All three won gold with Canada at the Ivan Hlinka memorial under-18 tournament

in Slovakia and the Czech Republic last month.

"I can't wait," Fucile said. "Just to get it started, I'm looking forward to it a lot. It starts right now, and we're excited to get ready for that first game of the regular season."

The Mooseheads gave all three approximately a week off after they returned from the Ivan Hlinka tournament and held them out of a home-and-home pre-season series against the Moncton Wildcats on Aug. 24 and 25.

Fucile said two weeks between games is more than enough, and he hopes their momentum from the Ivan Hlinka carries into the season.

MATTHEW WUEST/METRO

New to the herd

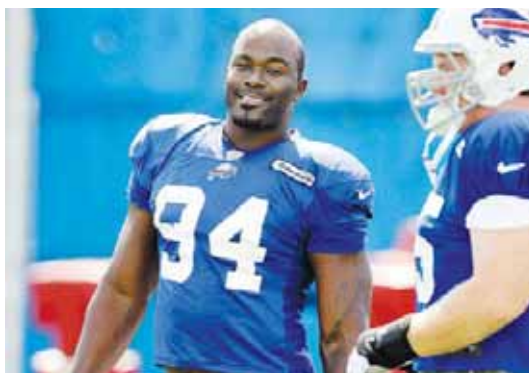
The Mooseheads handed out jersey numbers to their newcomers on Thursday:

- 1: Chris Clarke
- 5: Brian Lovell
- 20: Liam Alcalde
- 24: Randy Gazzola
- 28: Max Lindsay
- 52: Mac Weegar
- 74: Stefan Fournier

Mobile sports



The CFL season has been full of ups and downs at the halfway point of the campaign. Two finalists for last year's top rookie award are a couple of the unforeseen highlights so far in 2012. Scan the code for the story.



Mario Williams, left, talks with teammate Kyle Williams during practice Wednesday in Orchard Park, N.Y. DAVID DUPREV/THE ASSOCIATED PRESS

‘Super Mario’ feeling like a rookie again

NFL. High-profile defensive end makes debut for Bills as Tebow Time gets underway for Jets on Sunday

It's Tebow Time for the New York Jets, and Super Mario's big debut for the Buffalo Bills.

Tim Tebow and Mario Williams, two of the NFL's highest-profile players, switched teams this off-season and are hoping to have huge impacts — starting with the regular-season opener at MetLife Stadium on Sunday in East Rutherford, N.J.

“I really don't get nervous, but it does feel like my rookie year all over again,” said Williams, who signed a six-year, \$100-million US deal with the Bills in March after six years in

Houston. “It does feel like I got drafted again. I'm pretty sure it'll be a little bit, a little anxiety, but it'll be fine.”

The Bills are banking on the Williams helping Buffalo improve a defence that managed just 29 sacks last season.

“You kind of sit back and go, ‘Whew.’” Jets coach Rex Ryan said. “He's a tremendous player. Your first thought is you're going against him, then you think, ‘He does get to play New England twice, so that's kind of a good thing.’ If we can survive, hopefully New England will struggle with him. You steal one of the top pass rushers in the game. Clearly, you think, ‘Oh man.’ You hope that he doesn't go into our division, but here he is.”

And so is Tebow, the popular backup quarterback whose role in New York's offence has been kept mostly under wraps all off-season to keep defences on their toes. Tebow will work in wildcat packages and as the punt protector.

Beyond that, anybody's guess is as good as Buffalo's.

THE ASSOCIATED PRESS

Quoted

“I just want to be able to help any way I can.”

Tim Tebow, Jets backup QB

NHL

Fehr, Bettman and Daly decline salary during lockout

Donald Fehr, the executive director of the NHL Players' Association, says he stopped drawing a salary on July 1 and a source told The Canadian Press that commissioner Gary Bettman and deputy commissioner Bill Daly plan to follow suit if the league enacts a lockout Sept. 15. THE CANADIAN PRESS

Tennis

Ferrer wins marathon match to reach semifinals

Fourth-seeded David Ferrer outlasted eighth-seeded Janko Tipsarevic of Serbia 6-3, 6-7 (5), 2-6, 6-3, 7-6 (4) in four hours, 31 minutes on Thursday to reach the U.S. Open semifinals for the second time.

Defending champion Novak Djokovic also advanced and will play



David Ferrer celebrates in New York on Thursday. THE ASSOCIATED PRESS

Ferrer on Saturday. THE ASSOCIATED PRESS

NFL

Ravens to pay tribute to Modell

The Baltimore Ravens and the family of Art Modell will stage a silent tribute to the team's former majority owner Saturday by placing his casket on the home field.

David Modell said his father “died peacefully of natural causes” on Thursday.

He was 87. THE ASSOCIATED PRESS

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10:00am-4:00pm
McInnes Room
Dalhousie Student Union
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Halifax, NS
Adults - \$9.00
Children \$3.00
(16 and under)



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Houses For Sale

Houses For Sale

Houses For Sale

Houses For Sale

Houses For Sale

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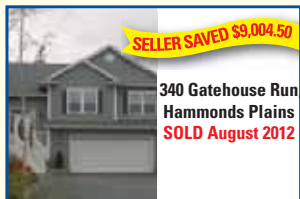
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43 Caledonia Road, Dartmouth \$609,000 MLS® 40560179
39 & 39A Chadwick Street, Dartmouth \$209,900
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15 Collins Grove Crt, Dartmouth \$169,900 MLS® 40362030
16 Debbie Dr, Beaver Bank \$329,000 MLS® 41218629
23 Dorothea Drive, Dartmouth \$299,900
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9 Flagstone Drive, Cole Harbour \$279,000 MLS® 00441600
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60 Hemlock Drive, Elmsdale \$174,900 MLS® 45336229
41 Heritage Hills Drive, Eastern Passage \$244,900 MLS® 40745672
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9 Taylor Drive, Windsor Junction \$394,900
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3 BR \$745

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1 BR \$645

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Horoscopes

Aries

March 21 - April 20

You will do almost anything to avoid boredom but the planets warn that if you go too far today, you might later decide that boredom is not such a bad thing after all. Never forget that actions have consequences.

Taurus

April 21 - May 21

Someone is sure to disapprove of what you do today. Should that stop you from doing it? No way! If anything, you should show your independence by doing it even more. They will get the message.

Gemini

May 22 - June 21

If you feel that your life is in a bit of a rut you should do something about it today. Try doing the opposite of what you usually do. Don't worry that others might not approve — that's what makes it fun.

Cancer

June 22 - July 23

You will get the chance to change something that should really have been changed weeks, if not months, ago. If it's a habit that is holding you back be brave and cut it out of your life once and for all.

Leo

July 24 - Aug. 23

Make it your business to get involved in a cause that helps people who are too weak to help themselves. Don't worry that by doing so you might make powerful enemies — you have powerful friends to protect you.

Virgo

Aug. 24 - Sept. 23

With the Sun in your sign linked to Jupiter today you won't hesitate to do something out of the ordinary. Even people who know you well will shake their heads and wonder what's come over you.

Libra

Sept. 24 - Oct. 23

You seem to have come into some money but don't spend too much time admiring your good fortune because you need to build on what you've been given. It doesn't have to be easy come, easy go.

Scorpio

Oct. 24 - Nov. 22

What happens today may catch you by surprise but you can still profit from it if you act quickly. The planets indicate that if you take a risk it will pay off in a big way. What have you got to lose?

Sagittarius

Nov. 23 - Dec. 21

The direct approach is the best approach, especially where partnerships are concerned. Let others know how you feel and don't worry that you might hurt their feelings. It's your feelings that matter, so tell it like it is.

Capricorn

Dec. 22 - Jan. 20

Today's Sun-Jupiter link will help you shake things up a bit, especially where your daily routine is concerned. In a nutshell, you need to be more adventurous. Never let the past or old habits hold you back.

Aquarius

Jan. 21 - Feb. 19

Do something that takes even your best friends by surprise today. It's time you reminded certain people, both at home and at work, that you have a mind of your own and are not afraid to use it.

Pisces

Feb. 20 - March 20

You may be perfectly entitled to get annoyed with someone and lay down the law but isn't there a better way to deal with the situation? If you upset them needlessly it could be self-defeating in the long-term.
SALLY BROMPTON

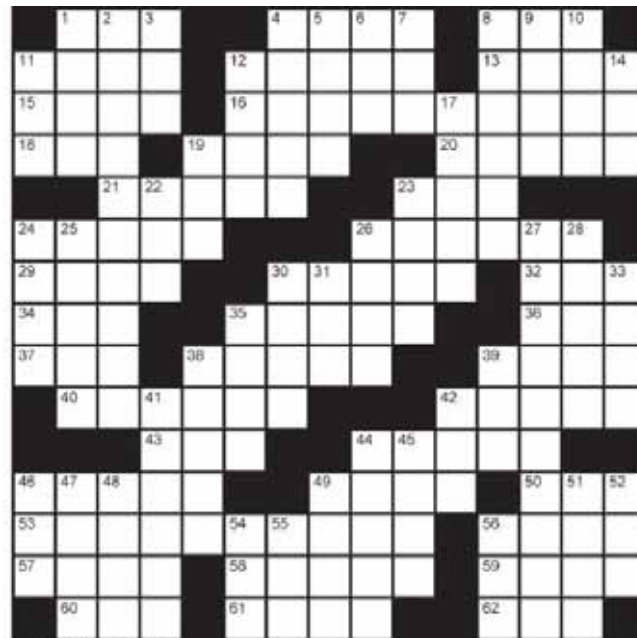
Crossword: (Mount St. Elias Is the Second-Highest)

Across

1. WSW opposite
4. Certain hockey shot
8. Also say
11. 2-Down or 7-Down: abbr.
12. Idaho or Iowa
13. Louis David ___, a founder of the province of Manitoba
15. In person
16. Canada's government
18. A vote for
19. Baseball stadium
20. Expenses
21. Flies like an eagle
23. Early Beatles bassist Sutcliffe (or an alphabetic sequence)
24. ___ Mountains: sight visible from Calgary but not Edmonton
26. Book jacket promos
29. God of love
30. The "Little Ol' Band From Texas" (2 wds.)
32. "Gangsta" music
34. Bring home after expenses
35. Get ready to play a hole (2 wds.)
36. QB's goal : abbr.
37. Three: Fr.
38. School vehicles
39. Belfry critters
40. Least dangerous
42. Defensive response to "Stop hitting your sister!" (2 wds.)
43. A cheer
44. Columbus's Italian birthplace
46. 640 make a square mile
49. Alero or Cutlass, in brief

Down

50. ER workers : abbr.
53. Canada's highest peak (2 wds.)
56. Endorse politically
57. "Be with you in ___!" (2 wds)
58. Hobby shop wood
59. TV award
60. Volcanic fallout
61. Canonized Frenchwomen: abbr.
62. Sixth sense
1. Fort ___: Ontario town directly across the Niagara River from Buffalo, New York
2. A Maritime (2 wds.)
3. Night before
4. Asterisks
5. Alouette, in English
6. It's off Canada's East Coast: abbr.
7. A Maritime: initialism
8. Knight's protector
9. Expires
10. Minor automobile accident result
11. Tissue box word
12. Box for practice
14. Capt.'s subordinates: abbr.
17. Malfunction or misbehave (2 wds.)
19. Earnings
22. Approves
23. Pig feed
24. Landlord's charge
25. Sandwich cookies
26. A/C capacity measures
27. "Summer of '69" singer (2 wds.)



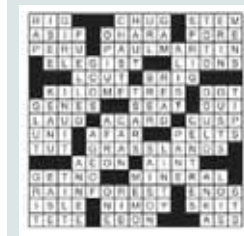
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28. "___ say": "Alas" (2 wds.)
30. Enthusiasm
31. Last letter of the alphabet in the US
33. "Hey, you!"
35. 30-Across's first top 20 single
38. "Beauty and the ___"
39. RBC competitor
41. Canadian language

42. Special connections
44. Drinking vessel
45. Novelist Ferber
46. "I ___ Rock": Simon & Garfunkel hit (2 wds.)
47. ___ Nostra
48. Regrets
49. Stare at
51. Canada's national police
52. The heavens

54. 16-oz. units
55. Morsel for a horse
56. Quilt-making gathering

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	3	9	2	4	6	1	8	5
2	4	6	1	5	3	9	6	7
6	1	5	7	8	9	2	3	4
9	7	2	4	1	8	6	5	3
4	8	3	6	2	5	7	1	9
1	5	6	9	3	7	8	4	2
8	9	7	5	6	4	3	2	1
5	6	1	3	7	2	4	9	8
3	2	4	8	9	1	5	7	6

			8			9		
7		9		5				6
6			7			1		
		8		3	7			2
	4						9	
1			9	6		3		
		2			8			9
	7			9		5		4
		1			2			

Today

25°/15°
Partly cloudy

Saturday

24°/19°
Partly cloudy

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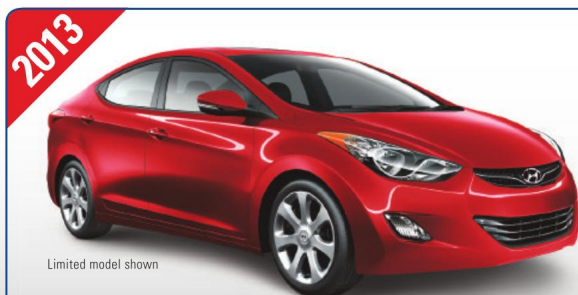


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*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Accent 4DR L 6-Speed Manual/Elantra L 6-Speed Manual/Veloster 6-Speed Manual/Elantra GT GL 6-Speed Manual with an annual finance rate of 0%/1.9%/2.99%/1.9% for 72/84/84/84 months. Bi-weekly payment is required. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Accent 4DR L 6-Speed Manual for \$14,794 at 0% per annum equals \$95 bi-weekly for 72 months for a total obligation of \$14,794. Cash price is \$14,794. Cost of Borrowing is \$0. Example price includes Delivery and Destination of \$1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ††Prices for models shown: 2013 Accent 4DR GLS Automatic/Elantra Limited/Veloster Tech. 6-Speed Manual/Elantra GT SE with Tech. is \$19,744/\$24,694/\$24,494/\$27,984. Delivery and Destination charges of \$1,495 are included. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. †††Fuel consumption for 2013 Accent Sedan 4DR L 6-Speed Manual (HMY 4.9L/100KM; City 6.7L/100KM)/2013 Elantra Sedan L 6-Speed Manual (HMY 4.9L/100KM; City 6.8L/100KM)/2013 Veloster 6-Speed Manual (HMY 4.9L/100KM; City 7.2L/100KM)/Elantra GT GL 6-Speed Manual (HMY 4.9L/100KM; City 7.2L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. iPOD® is a registered trademark of Apple, Inc. ††††Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited. Dealer order may be required. ††††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.